LIFE FITNESS CONSUMER DIVISION
14150 Sunfish Lake Blvd. Ramsey Minnesota, 55303 U.S.A.
Tel: 763.323.4500 Fax: 763.323.4797
800.328.9714 (Toll-free within the U.S. and Canada)
www.parabody.com

INTERNATIONAL OFFICES

Life FitnessAtlantic BV
Atlantic Headquarters
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: (180) 646 666
Fax: (180) 646 703

Life Fitness (UK) Ltd.
Queen Adelaide
Ely, Cambs CB7 4UB
United Kingdom
Phone CSS: (01353) 665507
Fax CSS: (01353) 666719

Life Fitness EUROPE GmbH
Siemensstrasse 3
85716 Unterschleissheim
Germany
Phone: (089) 31 77 51-0
Fax: (089) 31 77 51 99

Life Fitness Benelux N.V.
Bijdorpplein 25-31
2992 LB Barendrecht
The Netherlands
Phone: 31 (180) 64 66 69
Fax: 31 (180) 64 66 99

Life Fitness Italia S.R.L.
Via Elvas 92
39042 Bressanone
Italy
Phone: 39 (472) 835-470
Fax: 39 (472) 833-150

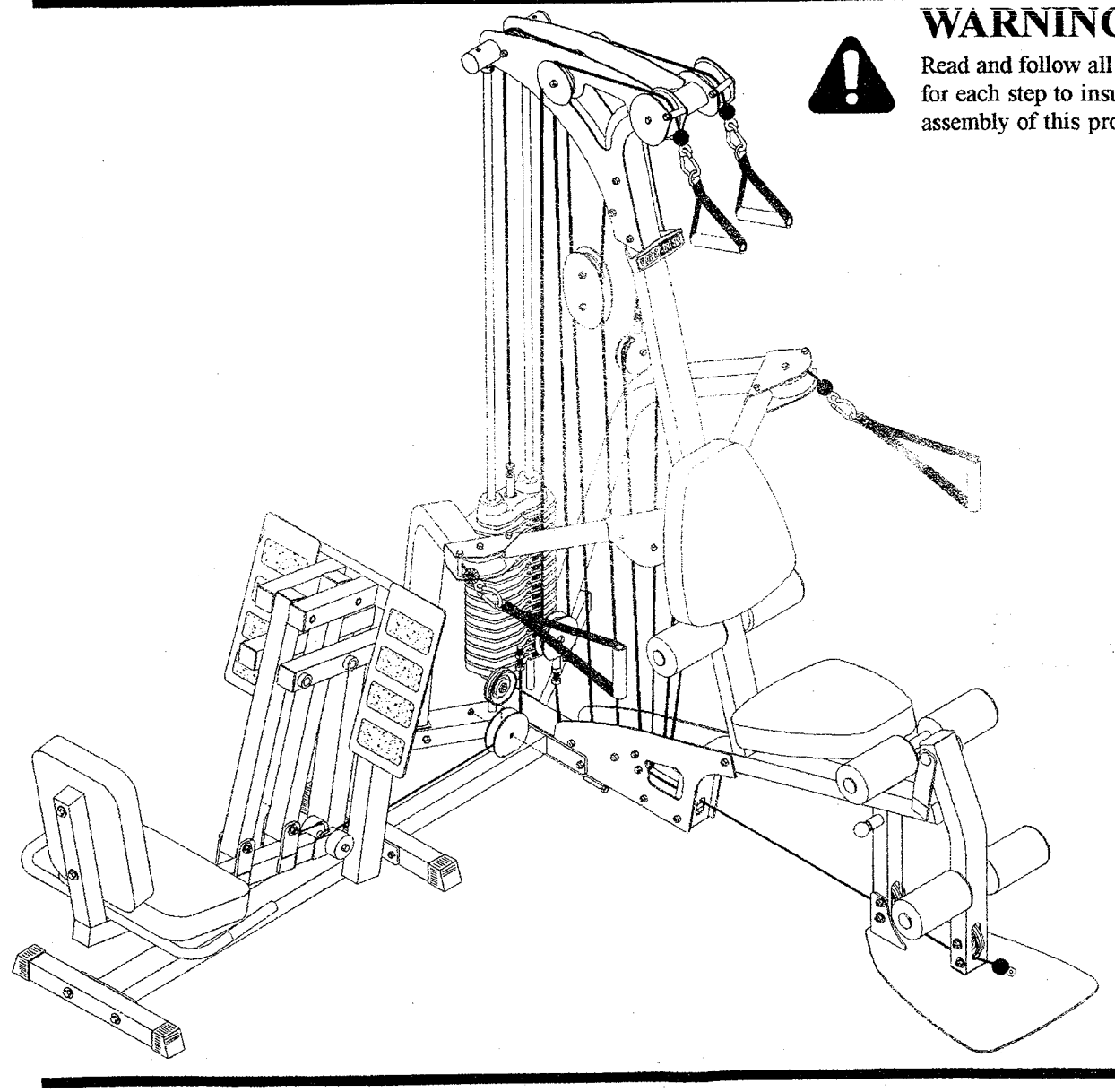
Life Fitness Japan
8/F, Nippon Brunswick Building
5-27-7 Sendagaya
Shibuya-Ku, Tokyo 151-0051
Japan
Phone: 81 (3) 3359-4309
Fax: 81 (3) 3359-4307

Life Fitness Asia Pacific Limited
Room 2610, Miramar Tower
132 Nathan Road, Tsimshatsui
Kowloon, Hong Kong
Phone: (852) 2891-6677
Fax: (852) 2575-6001

Life Fitness Do Brazil
Al. Rio Negro, 433-Predio 2-Sala 2
3° andar (Confab)
Aplhaville-Barueri-Sao Paulo
CEP: 06454-904
Brazil
Phone: 55 (11)7295-2217
Fax: 55 (11) 7295-2218

PARABODY®

778 LEG PRESS ADAPTER KIT FOR 777 GYM SYSTEM



WARNING:
Read and follow all directions for each step to insure proper assembly of this product.

USER'S GUIDE

CLASS H
PART # 7031501
REV. B

Version: 778101
Revision: 02/28/01

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IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES!

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

NOTE: In a continual effort to improve our products, specifications are subject to change

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LIMITED WARRANTY

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5. REPLACEMENT AND REPAIR EXPENSES. ParaBody will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the ParaBody product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to ParaBody; and c. all necessary or incidental costs related to installation of the replacement parts.

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9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of ParaBody with respect to any ParaBody product or the operation, repair or replacement of any ParaBody product. ParaBody shall not be responsible for injury, loss of use of the ParaBody product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivilant) lubricant on a regular basis

PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the Parabody 778 LEG PRESS ADAPTER KIT.

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 778 LEG PRESS ADAPTER KIT. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

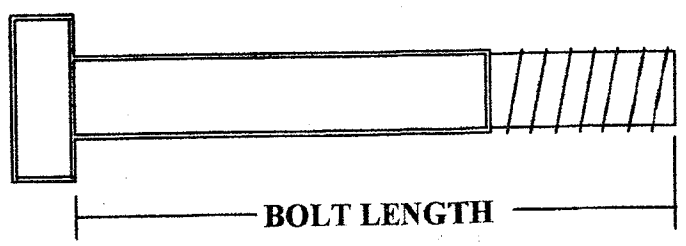
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

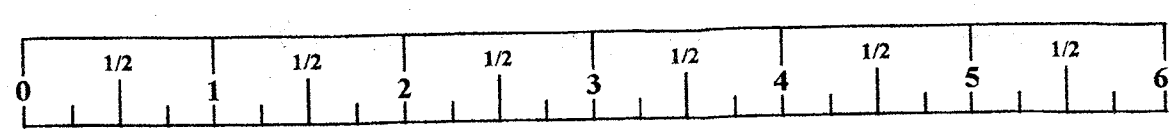
* 9/16" wrench
* Ratchet with 9/16" sockets
* Adjustable wrench
* Tape measure

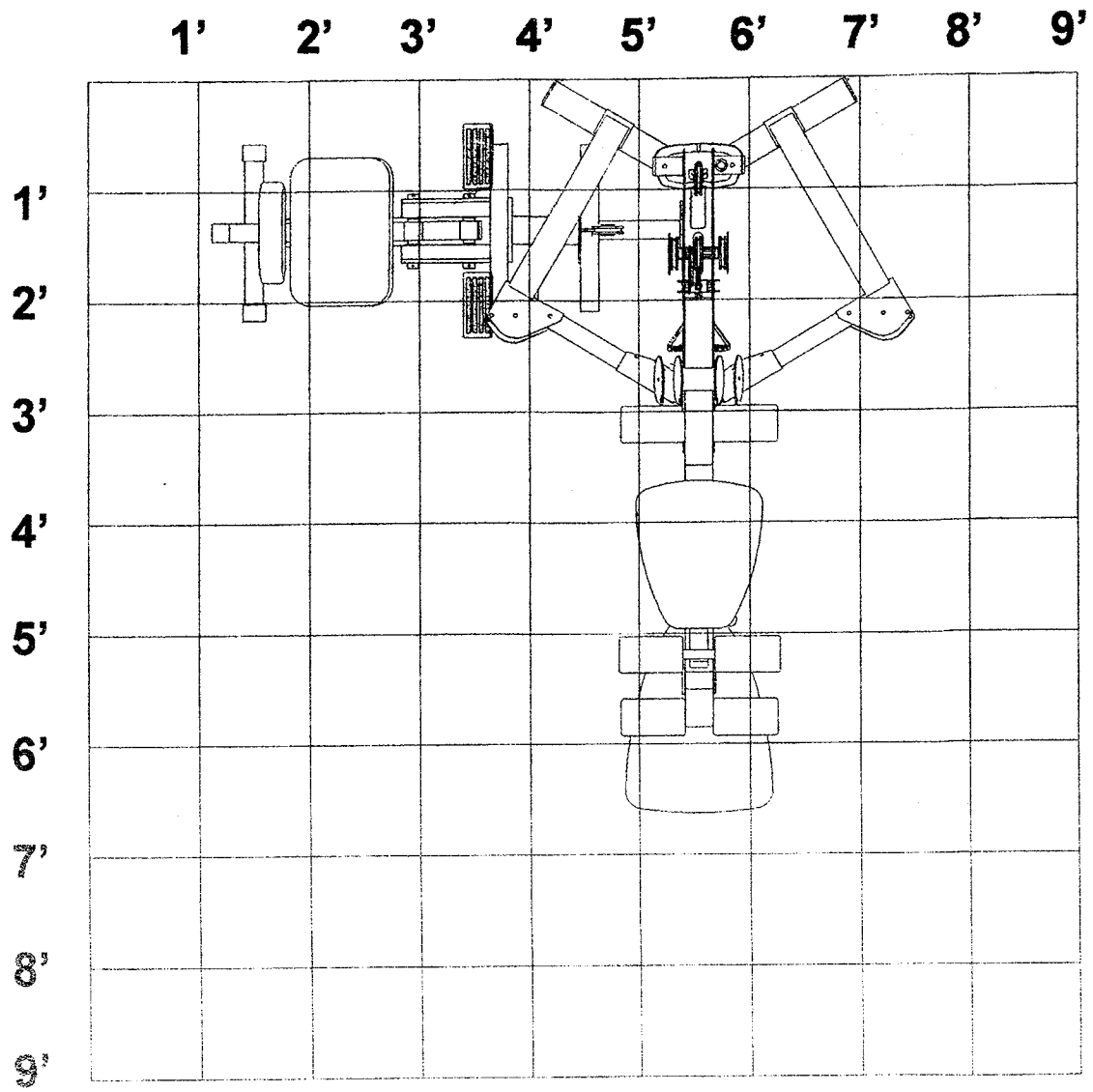
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1' X 1'

Minimum Required Usable Space

Length = 90 inches (229 cm) 7' 6"
Width = 103 inches (262 cm) 8' 7"
Height = 84 inches (213.5 cm) 7"

Dimensions Including Leg Press (optional)

Length = 90 inches (229 cm) 7' 6"
Width = 130 inches (330 cm) 10' 10"

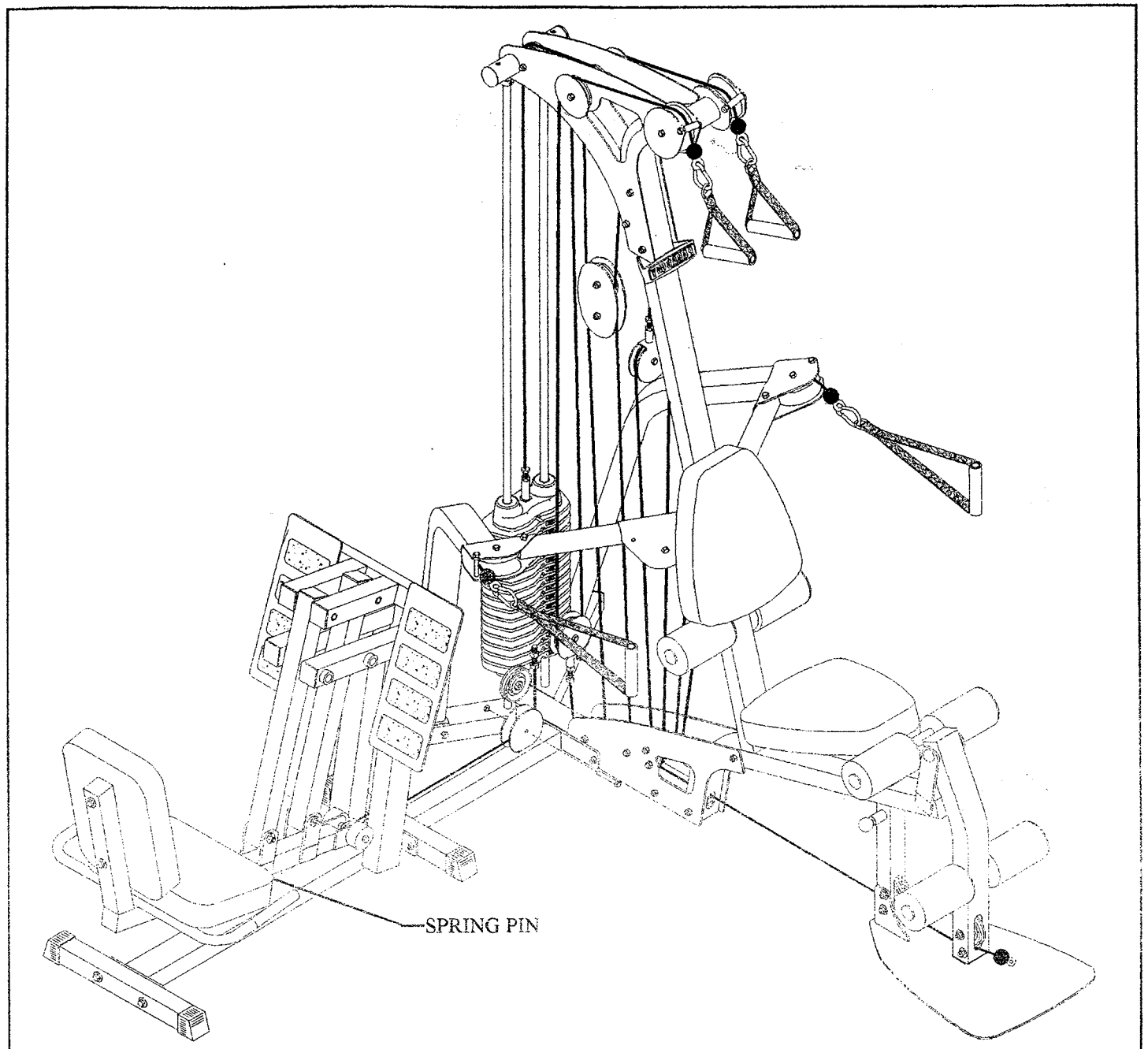


FIGURE 11

STEP 11

- The 100 LEG PRESS is equipped with a spring pin adjustment to accommodate different sized users and allow easy entry and exit from the machine. To use, you must slightly push against the foot plates to take tension off the pin.
- To set the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN, adjust the 100 LEG PRESS into the last adjustment hole (so the LEG PRESS is spread apart) and perform several repititions at the leg press station. This will relax the cable system and prevent the HEAD PLATE from lifting up.
- If further CABLE ADJUSTMENT is needed, reference the 777 GYM SYSTEM assembly instructions.

THIS CONCLUDES THE ASSEMBLY OF THE 778 LEG PRESS ADAPTER KIT

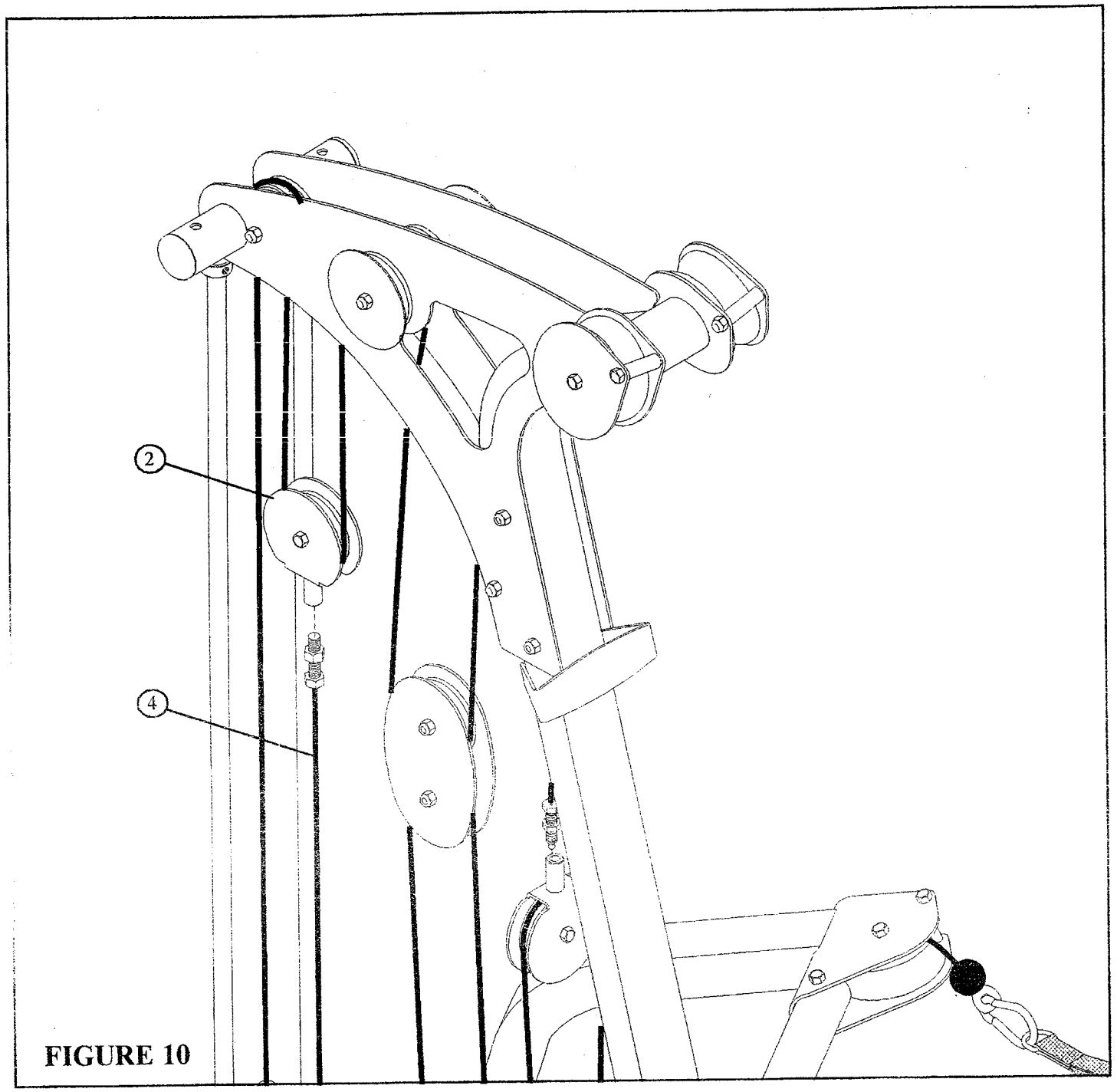


FIGURE 10

STEP 10

- Screw the threaded end of LEG PRESS CABLE (4) to the PULLEY BRACKET (2) as shown in FIGURE 10.

PARTS LIST

KEY	PART #	DESCRIPTION	QTY		KEY	PART #	DESCRIPTION	QTY
1	7031308	FRONT LEG	1		7	3102501	3/8" WASHER	9
2	7006708	PULLEY BRACKET	1		8	3102802	3/8" LOCKNUT	5
3	6987802	WEIGHT STACK CABLE	1		9	3102924	3/8 X 1-3/4" BOLT	2
4	7031701	LEG PRESS CABLE	1		10	3102904	3/8 X 3" BOLT	2
5	3116201	3-1/2" PULLEY	1		11	3102935	3/8 X 4-1/2" BOLT	2
6	6467001	2" COVER CAP	2					

NOTE: The LEG PRESS ATTACHMENT (100101) must be assembled before connecting it to the PARABODY 777 GYM SYSTEM

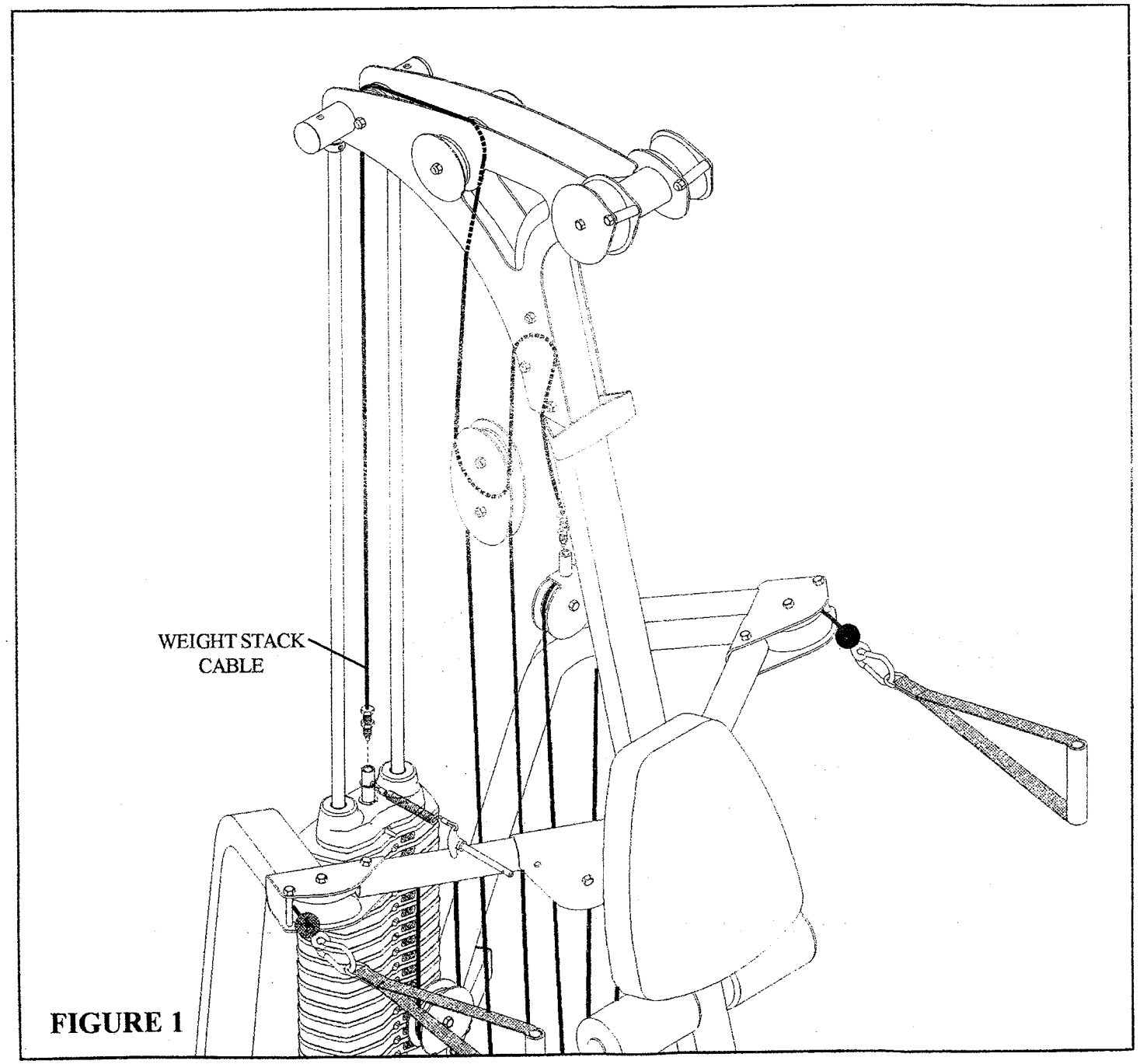
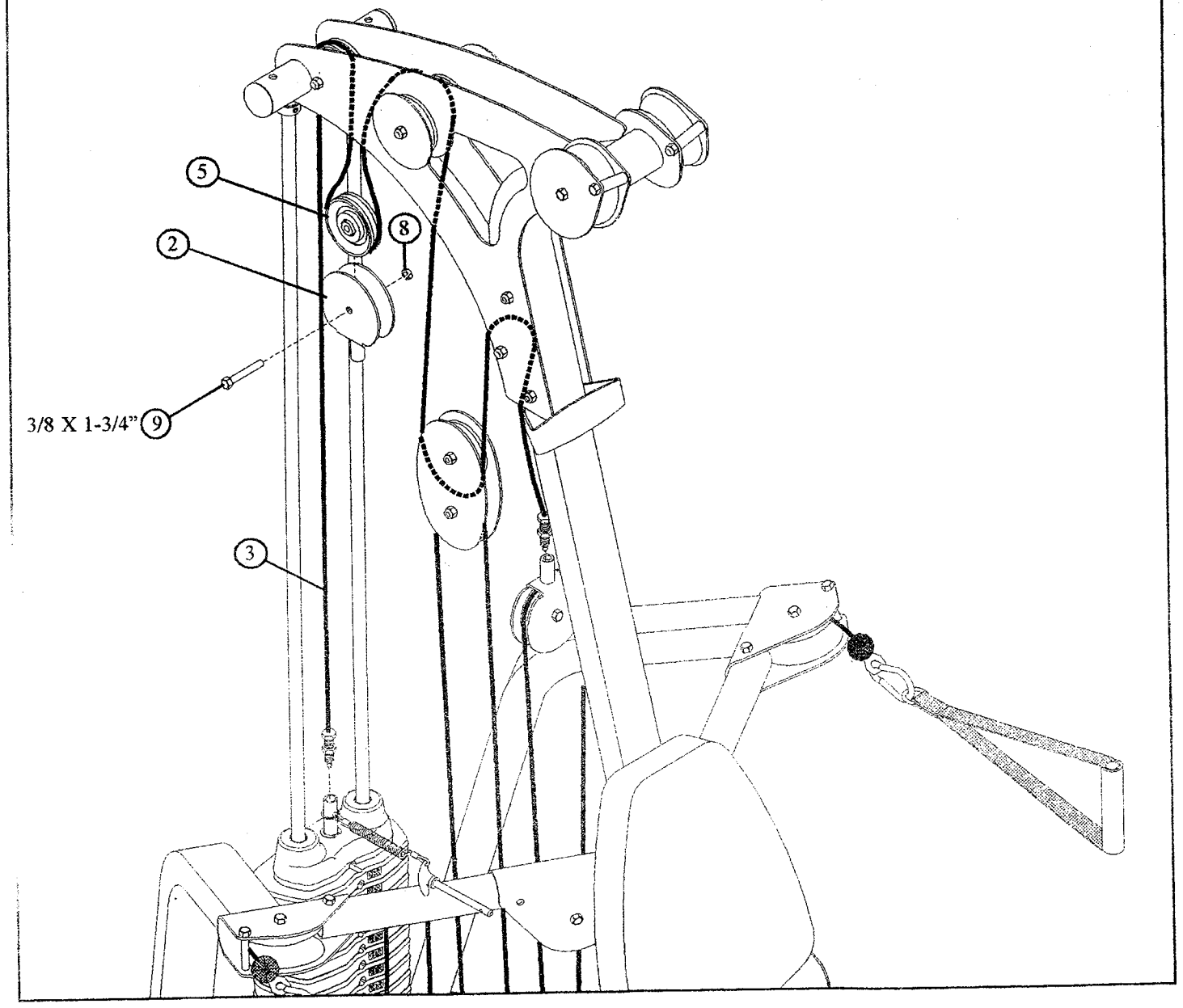


FIGURE 1

STEP 1:

- Remove the WEIGHT STACK CABLE as shown in FIGURE 1. Discard the cable.

FIGURE 2



STEP 2:

- Screw the long threaded end of the new WEIGHT STACK CABLE (3) into the end of the WEIGHT PLATE SHAFT. See FIGURE 2.
- Route the 120" CABLE (3) around the pulley in the BOOM PLATES as shown in FIGURE 2. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble one 3-1/2" PULLEY (5) to the PULLEY BRACKET (2) using one 3/8 X 1-3/4" BOLT (9) and one 3/8" LOCK NUT (8) **(Note: Loop the 120" CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)**
- Screw the short threaded end of the WEIGHT STACK CABLE (3) into the end of the PULLEY BRACKET (2) .See FIGURE 2.

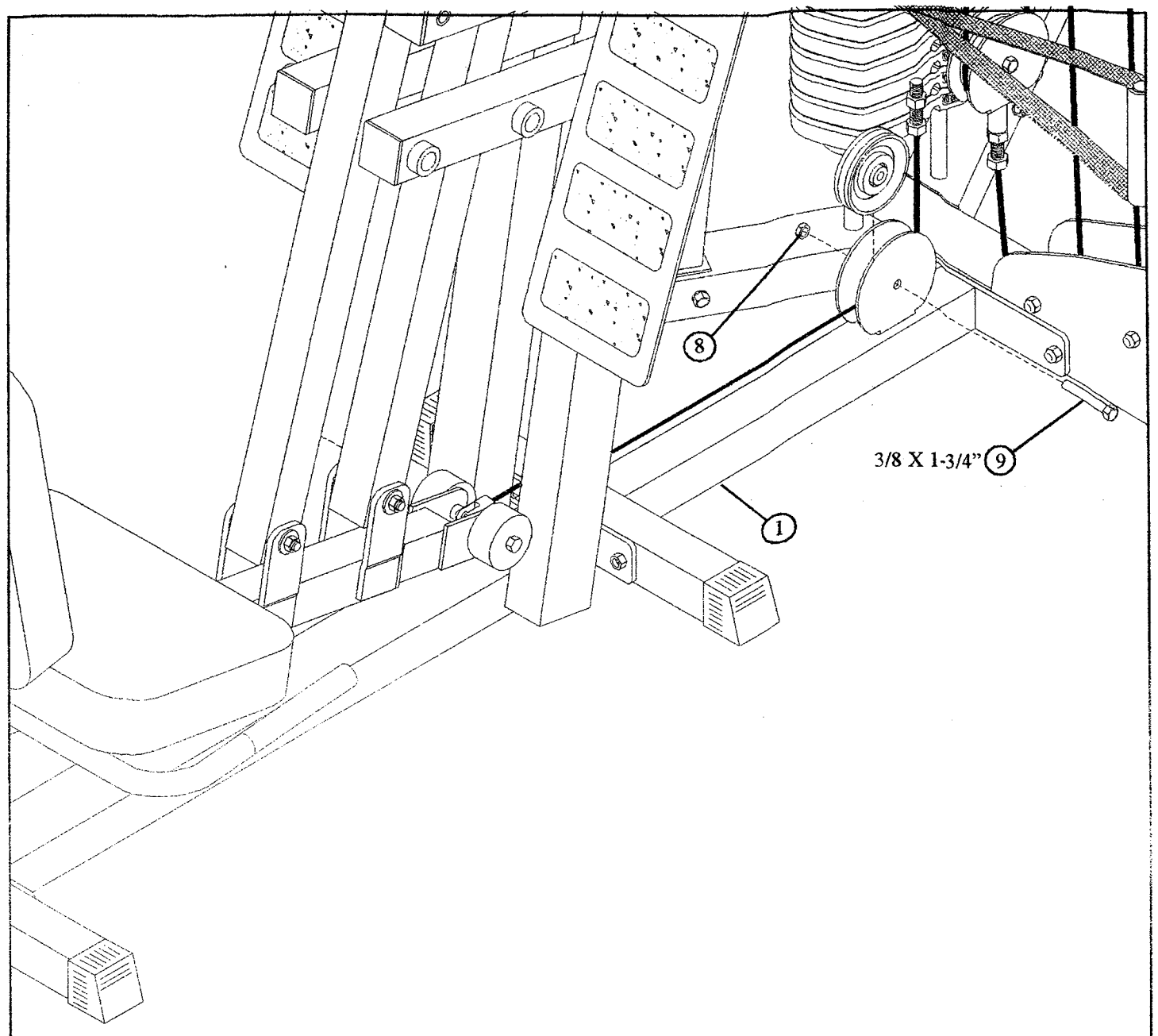


FIGURE 9

STEP 9:

- **SECURELY** assemble the previously removed 3-1/2" PULLEY to the FRONT LEG (1) using one 3/8 X 1-3/4" BOLT (9) and one 3/8" LOCK NUT (8). See FIGURE 9. **(NOTE: Loop the LEG PRESS CABLE around the pulley prior to assembling it.)**

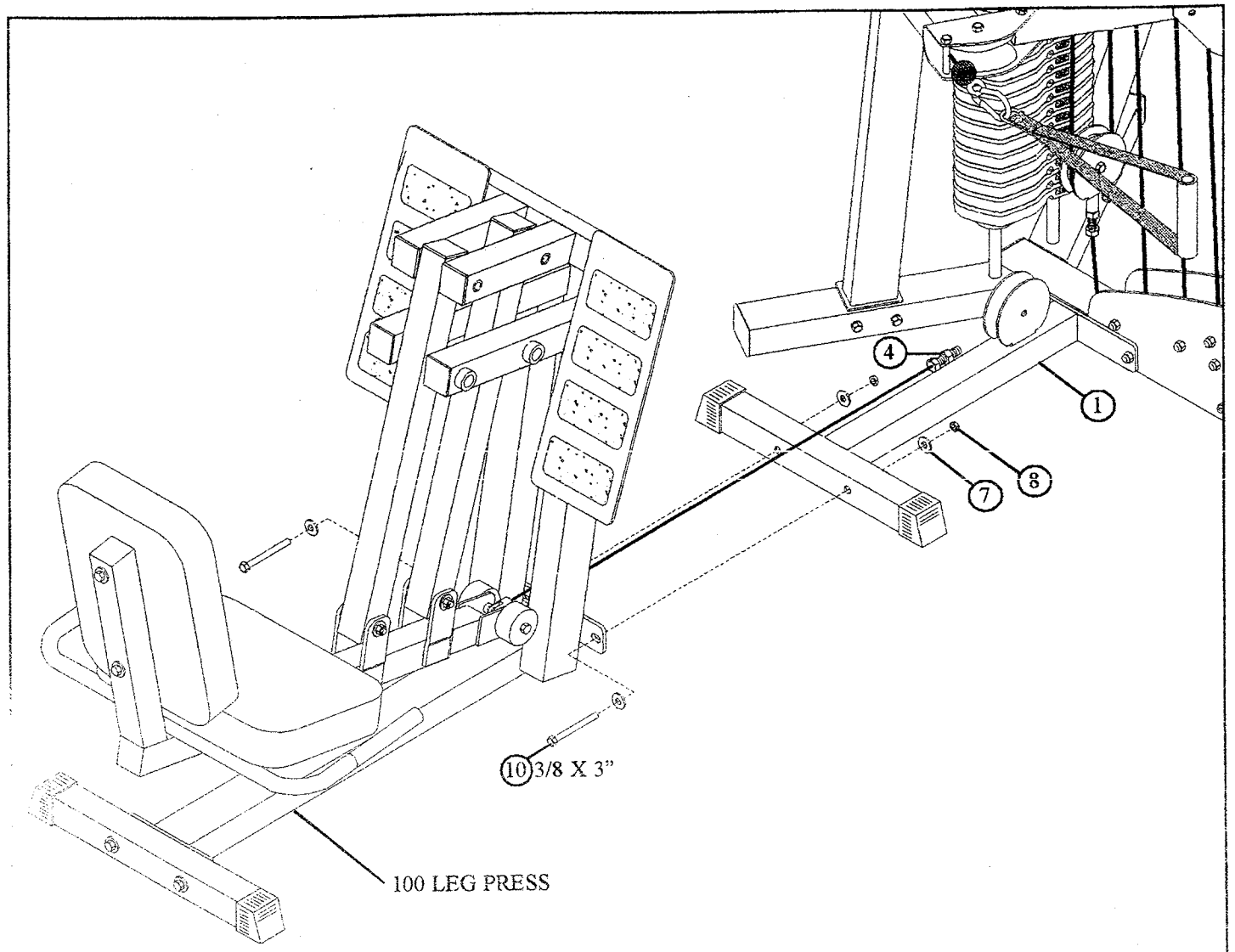


FIGURE 8

STEP 8

- Securely fasten the 100 LEG PRESS to the FRONT LEG (1) using two 3/8 X 3" BOLTS (10), four 3/8" WASHERS (7), and two 3/8" LOCK NUTS (8) as shown in FIGURE 8.

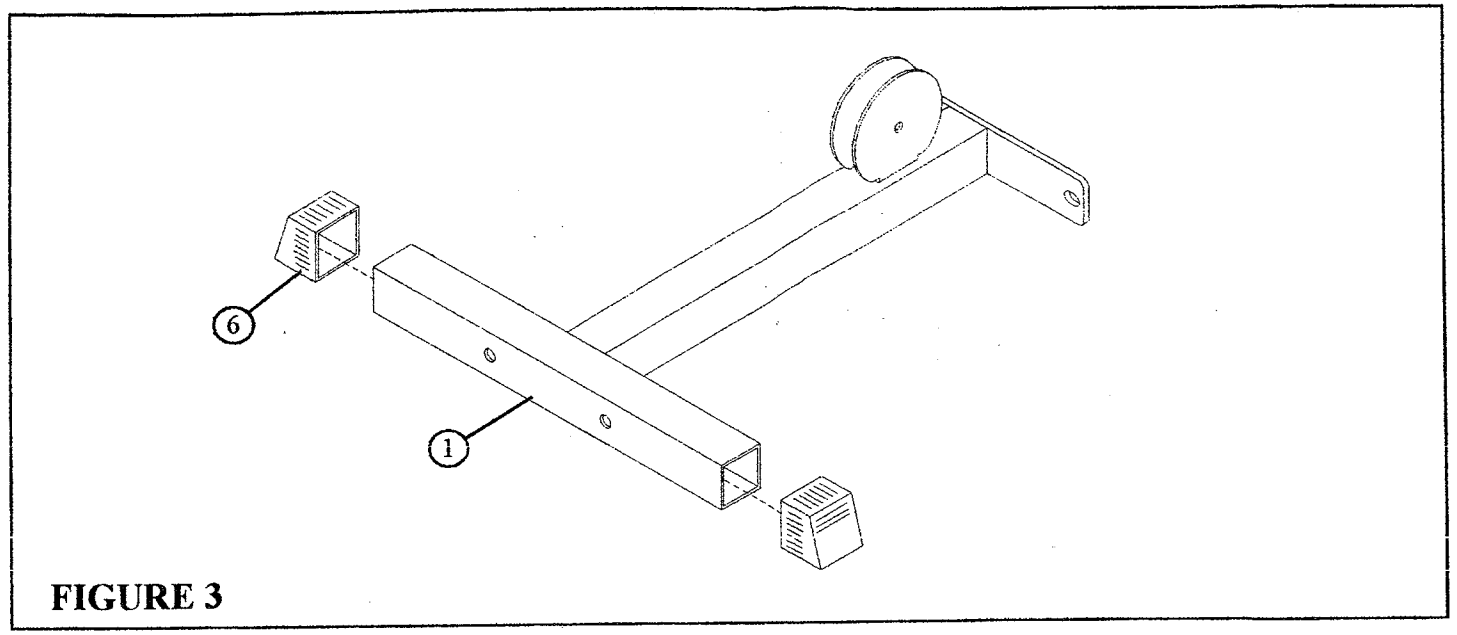


FIGURE 3

STEP 3

- Slide two 2" SQ. COVER CAPS (6) over the FRONT LEG (1) as shown in FIGURE 3.

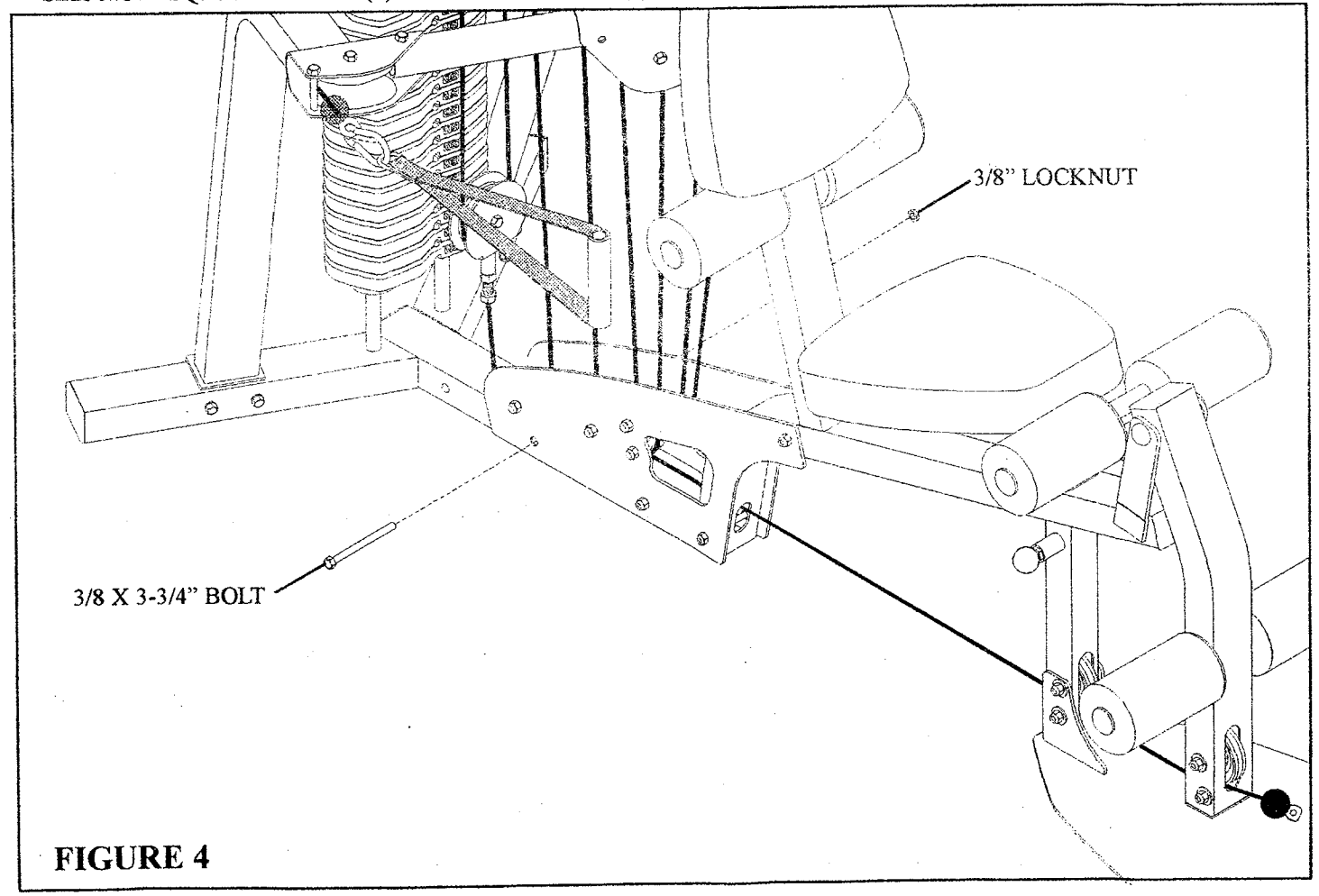


FIGURE 4

STEP 4:

- Remove the 3/8 X 3-3/4" BOLT and 3/8" LOCK NUT from the BASE PLATE as shown in FIGURE 4.

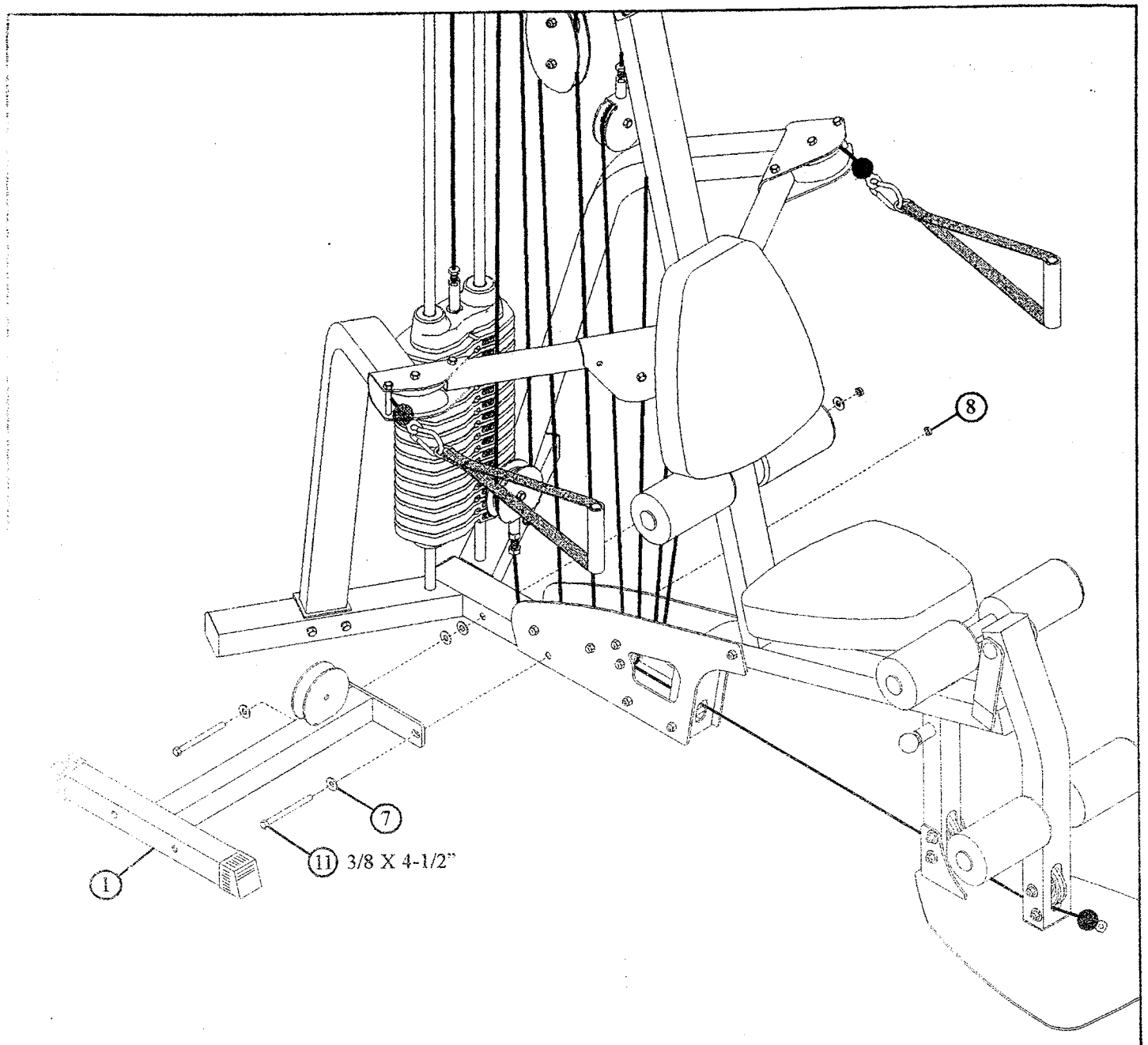


FIGURE 5

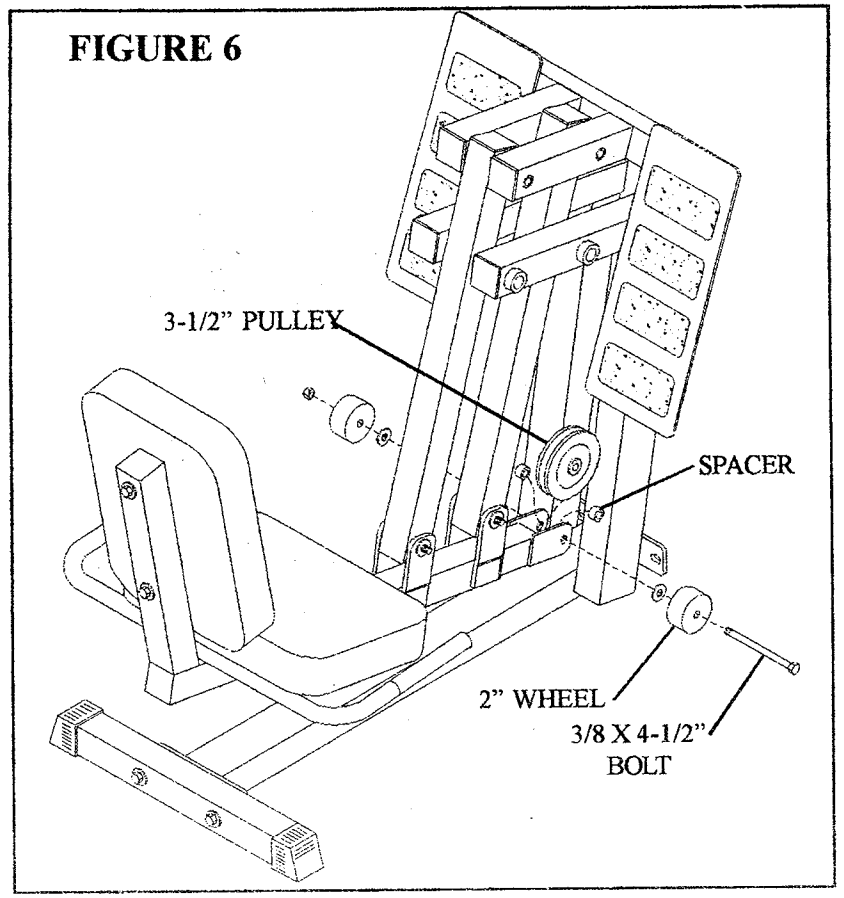
STEP 5:

SECURELY assemble the FRONT LEG (1) to the 777 Gym System using two 3/8 X 4-1/2" BOLTS (11), five 3/8" WASHERS (7), one previously removed 3/8" LOCK NUT and one 3/8" LOCK NUT (8) as shown in FIGURE 5.

STEP 6

- Remove one existing 3-1/2" PULLEY, two WASHERS, two 2" WHEELS and two SPACERS from the ADJUSTMENT TUBE on the 100 LEG PRESS OPTION by unfastening the 3/8 X 4-1/2" BOLT holding the pulley on. See FIGURE 6. **(NOTE: The pulley will be used in STEP 9.)**

FIGURE 6



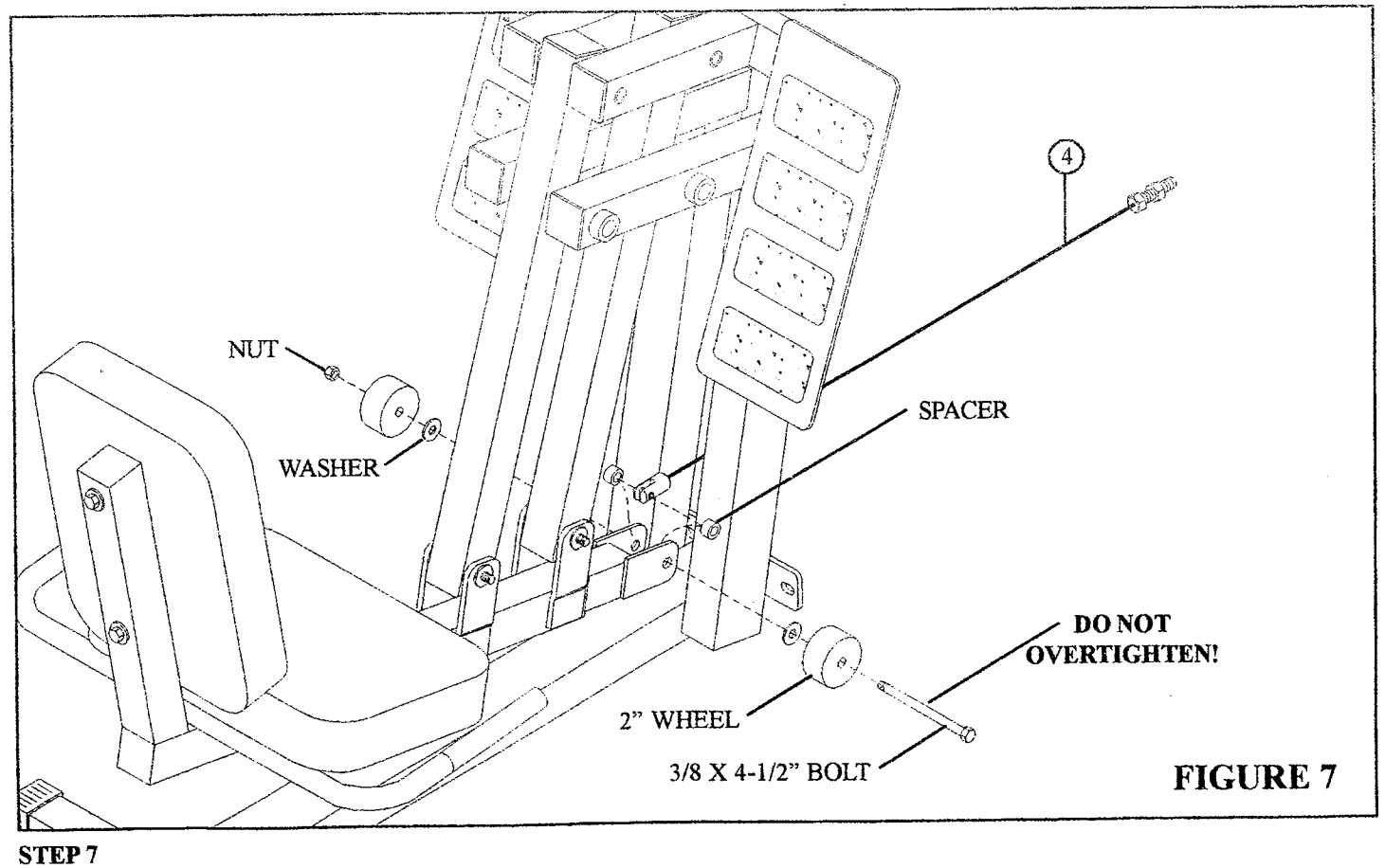


FIGURE 7

STEP 7

- Assemble the LEG PRESS CABLE (4) to the ADJUSTMENT TUBE on the 100 LEG PRESS using the existing previously removed 3/8 X 4-1/2" BOLT, SPACERS, WASHERS, 2" WHEELS AND NUT. **(Note: Do not overtighten! Tighten only until nut is completely on bolt.)** See FIGURE 7.

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Fax: (089) 31 77 51 99

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USER'S GUIDE

CLASS H
PART # 7148201
REV. B

1

Version: 777102
Revision: 08/15/01

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NOTES:

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* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

* Lubricate guide rods with a teflon based (or equivalent) lubricant on a regular basis

PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION.

REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the ParaBody 777 Gym System.

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody 777 Gym System. Please read these instructions thoroughly and keep them for future reference.

* This product must be assembled on a flat, level surface to assure its proper function.

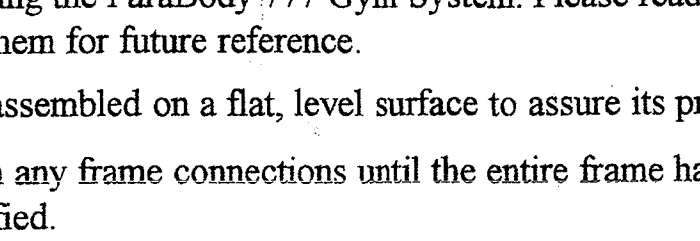
* Do not securely tighten any frame connections until the entire frame have been assembled unless otherwise specified.

Tools Required for Assembly

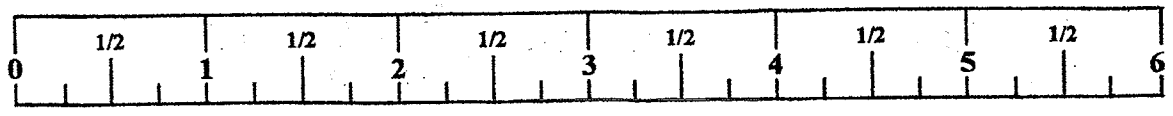
* Rubber mallet or hammer
* 3/4" wrench
* 9/16" wrench
* Ratchet with 3/4" and 9/16" sockets
* 5/32" Allen wrench
* Adjustable wrench
* Tape measure

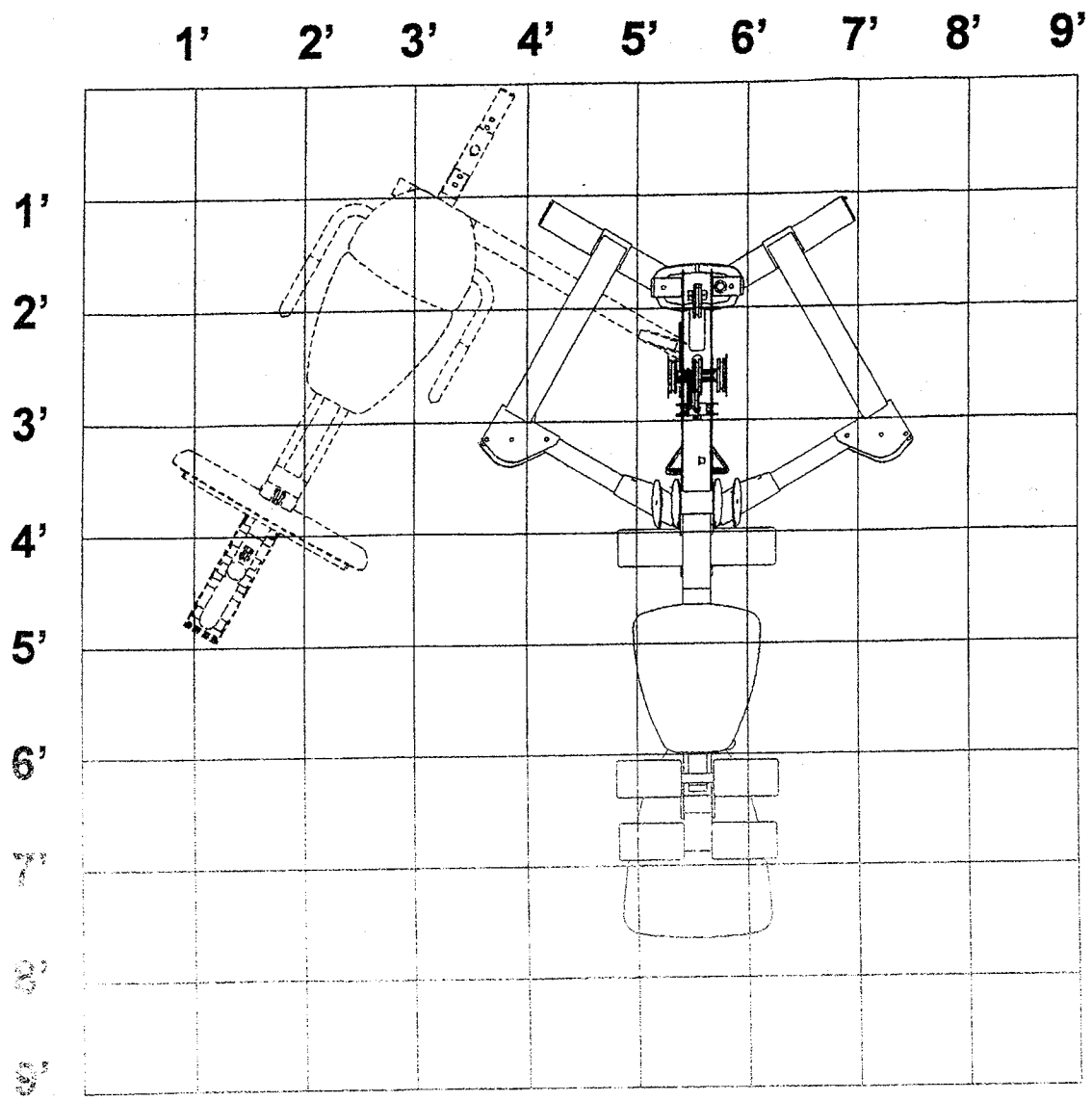
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:





1 Square = 1' X 1'

Minimum Required Usable Space

Length = 90 inches (229 cm) 7' 6"
Width = 103 inches (262 cm) 8' 7"
Height = 84 inches (213.5 cm) 7"

Dimensions Including Leg Press (optional)

Length = 102 inches (259 cm) 8' 6"
Width = 130 inches (330 cm) 10' 10"

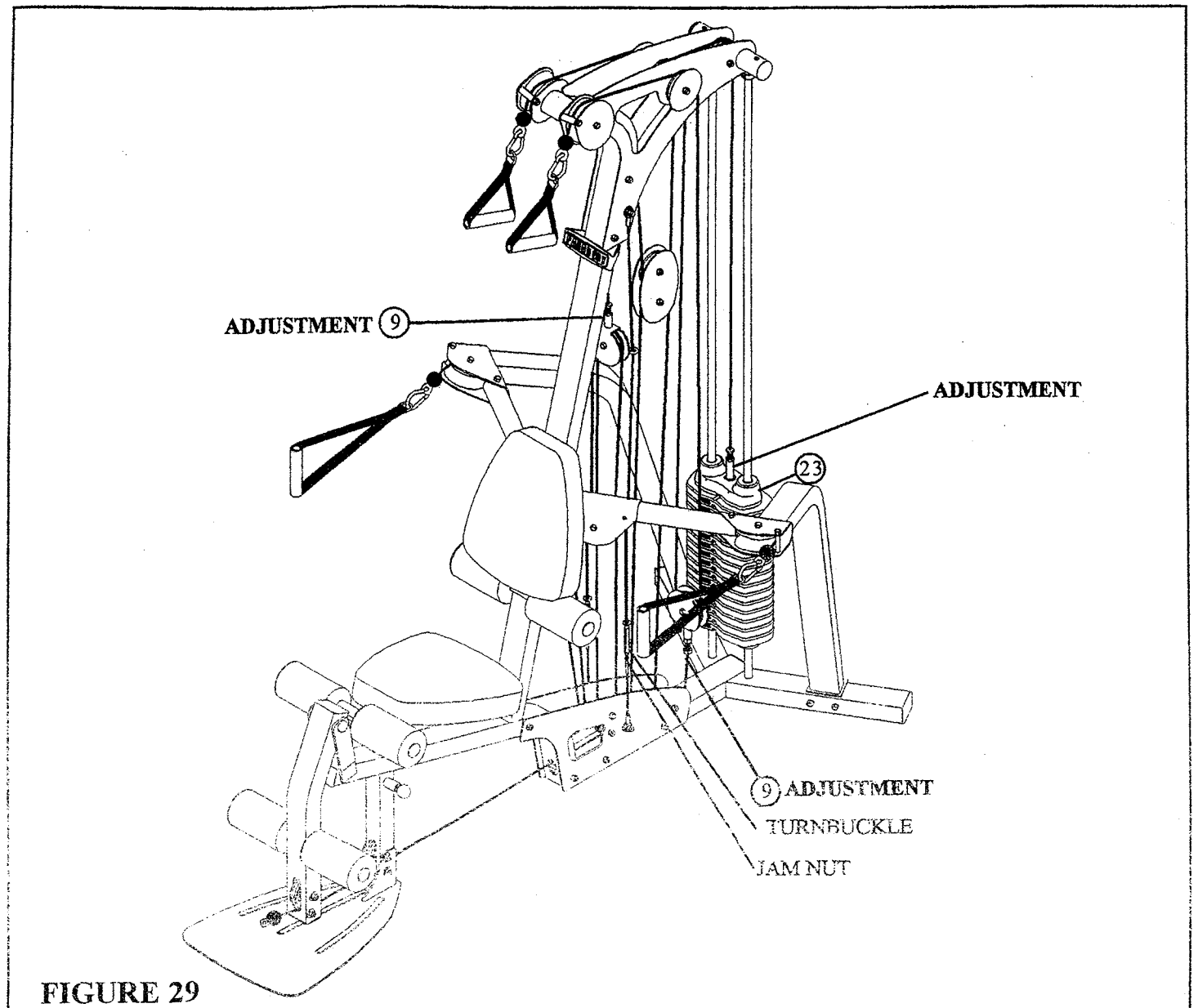


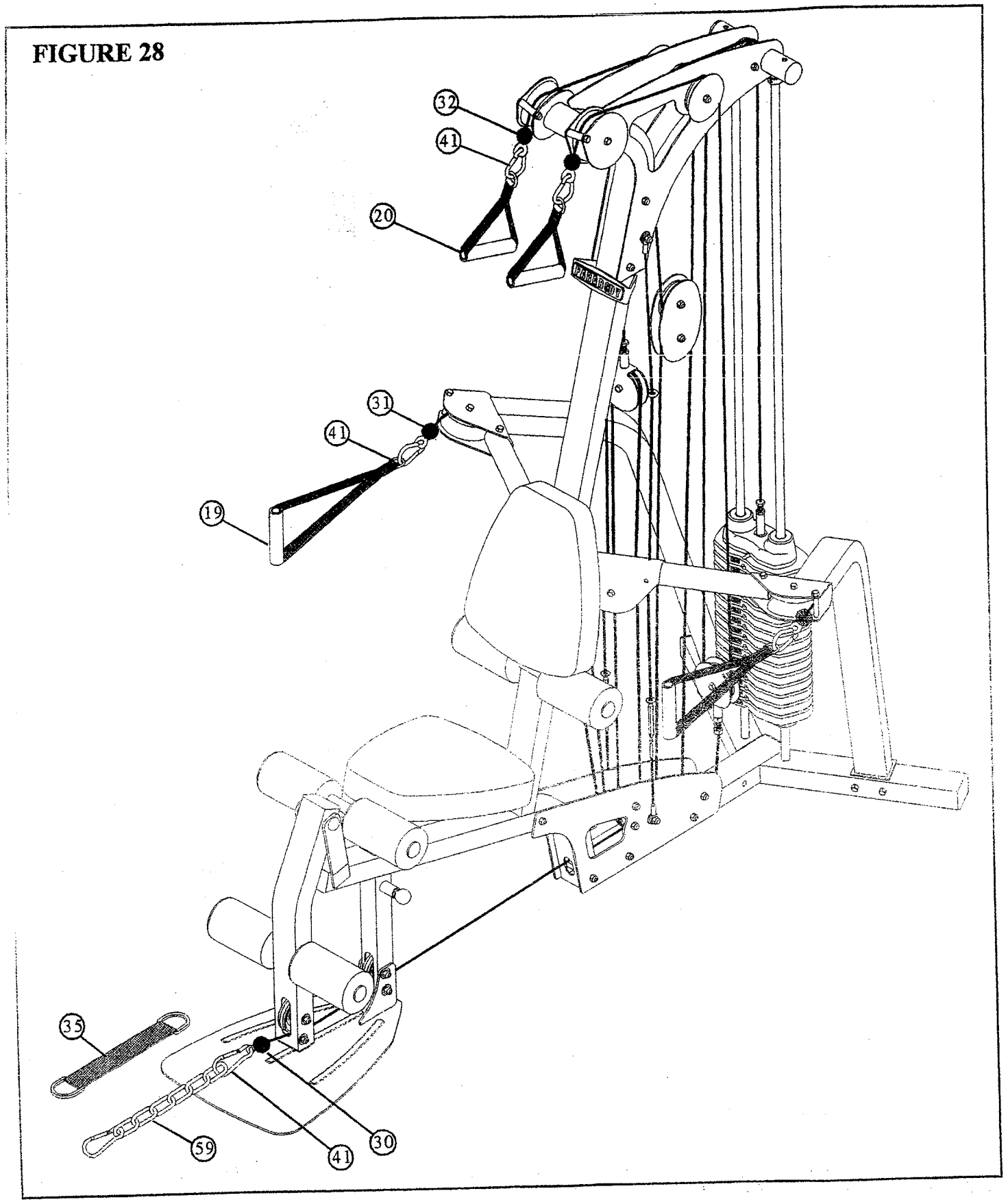
FIGURE 29

STEP 29:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- Adjust the turnbuckle on each GUIDE CABLE (71) to add tension to the GUIDE CABLES (71). Secure turnbuckle with the JAM NUTS as shown in FIGURE 29.
- If upon completion of assembly, the HEAD PLATE (23) does not sit on top of the first WEIGHT PLATE (21), push the HEAD PLATE (23) down, insert the WEIGHT STACK PIN (27) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (23) from lifting up. See FIGURE 29
- If after completing the previous step, the HEAD PLATE (23) still does not sit on top of the first WEIGHT PLATE (21) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the PULLEY BRACKETS (9) accordingly and retighten the jam nuts. See figure 29.
- For maximum performance, the HEAD PLATE (23) should just barely sit on the top WEIGHT PLATE (21).
- **NOTE: After making adjustments make sure all jam nuts are SECURELY TIGHTENED!**
- **This completes the assembly of the 777 Gym System. If the 777 SHROUD OPTION was purchased refer to the 777 SHROUD KIT assembly instructions.**

Thank you for purchasing the ParaBody 777 Gym System. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at (800) 328-9714

FIGURE 28



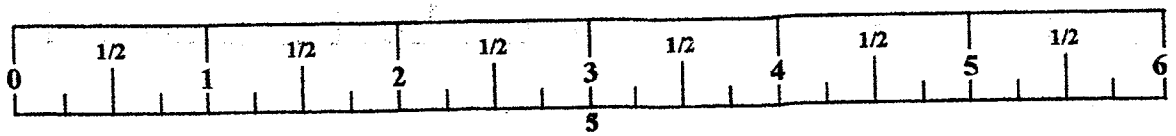
STEP 28:

- Assemble two 14-1/2" SEWN HANDLES (19) to the ARM CABLE (31) using two SNAP LINKS (41) as shown in FIGURE 28.
- Assemble two 7-1/2" SEWN HANDLES (20) to the BOOM CABLE (32) using two SNAP LINKS (41) as shown in FIGURE 28.
- Assemble the ANKLE STRAP (35) to the LEG CABLE (30) using two SNAP LINKS (41) and one 12-LINK CHAIN (59) as shown in FIGURE 28.

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	70077	BASE	1
2	71707	UPRIGHT	1
3	70058	SEAT ADJUST	1
4	70014	RIGHT ARM SUPPORT	1
5	70015	LEFT ARM SUPPORT	1
6	70017	RIGHT ARM	1
7	70019	LEFT ARM	1
8	70056	LEG PEDESTAL	1
9	70067	PULLEY BRACKET	1
10	69408	PULLEY PLATE	2
11	69885	BASE PLATE	2
12	69954	V-PULLEY PLATE	2
13	69957	BOOM PULLEY PLATE	2
14	71552	RIGHT BOOM PLATE	1
15	71553	LEFT BOOM PLATE	1
16	69947	PAD	2
17	6194601	ROLLER PAD	6
18	6816501	76" GUIDE ROD	2
19	7016902	14-1/2" SEWN HANDLE	2
20	7016901	7-1/2" SEWN HANDLE	2
21	6939202	WEIGHT PLATE	15
22	6382301	WEIGHT PLATE BUSHING 10 CT	3
23	69537	HEAD PLATE	1
24	3221702	E-RING	1
25	6976101	WEIGHT STACK LABEL	1
26	7092701	WEIGHT PLATE SHAFT	1
27	6972201	WEIGHT STACK PIN	1
28	3108002	WEIGHT STACK CUSHION	2
29	7155701	WEIGHT STACK CABLE	1
30	6987901	LEG CABLE	1
31	6988001	ARM CABLE	1
32	6988101	BOOM CABLE	1
33	70121	WEIGHT STACK SPACER	2
34	3102503	3/4" FLAT WASHER	2
35	6409101	ANKLE STRAP	1

KEY	PART #	DESCRIPTION	QTY
36	3103302	SHAFT COLLAR	2
37	3116201	3-1/2" PULLEY	14
38	3116101	4-1/2" PULLEY	3
39	6993701	4-1/2" V-GROOVE PULLEY	4
40	6412001	SPRING PIN ASSEMBLY	1
41	3103801	SNAP LINK	6
42	6416601	PARAGLIDE (QTY 8)	1
43	6145801	3 PRONG KNOB	1
44	3105401	STARLOCK	6
45	3108901	PLASTIC WASHER	4
46	6866801	1/2" RH WASHER	2
47	6866601	RH CAP	2
48	6480301	3/8" X 9/16" FLANGE SPACER	2
49	6480302	3/8 X 1-1/16" FLANGE SPACER	2
50	6122702	3/8 X 1/2" SPACER	6
51	6122701	3/8" X 1" SPACER	11
52	6549301	3/4 X 17" TUBE	3
53	3102924	3/8 X 1-3/4" BOLT	4
54	3102807	3/8 LOW HEIGHT LOCK NUT	2
55	3102922	3/8 X 2-3/4" BOLT	16
56	3221902	2" NYLON SPACER	4
57	3102905	3/8 X 3-3/4" BOLT	17
58	3102917	1/2 X 4" BOLT	1
59	6075906	12 LINK CHAIN	1
60	3102906	3/8 X 4" BOLT	2
61	3102930	3/8 X 7" BOLT	1
62	3102804	1/2" LOW HEIGHT LOCK NUT	1
63	3102802	3/8" LOCK NUT	36
64	3102501	3/8" FLAT WASHER	14
65	6020601	1/2" FLANGE BEARING	2
66	70718	FOOT PLATE	1
67	3102904	3/8 X 3" BOLT	2
68	3102955	3/8 X 4-1/4" BOLT	2
69	3102514	3/8" SAE WASHER	4
70	71185	GUIDE BRACKET	1
71	7122101	GUIDE CABLE	2



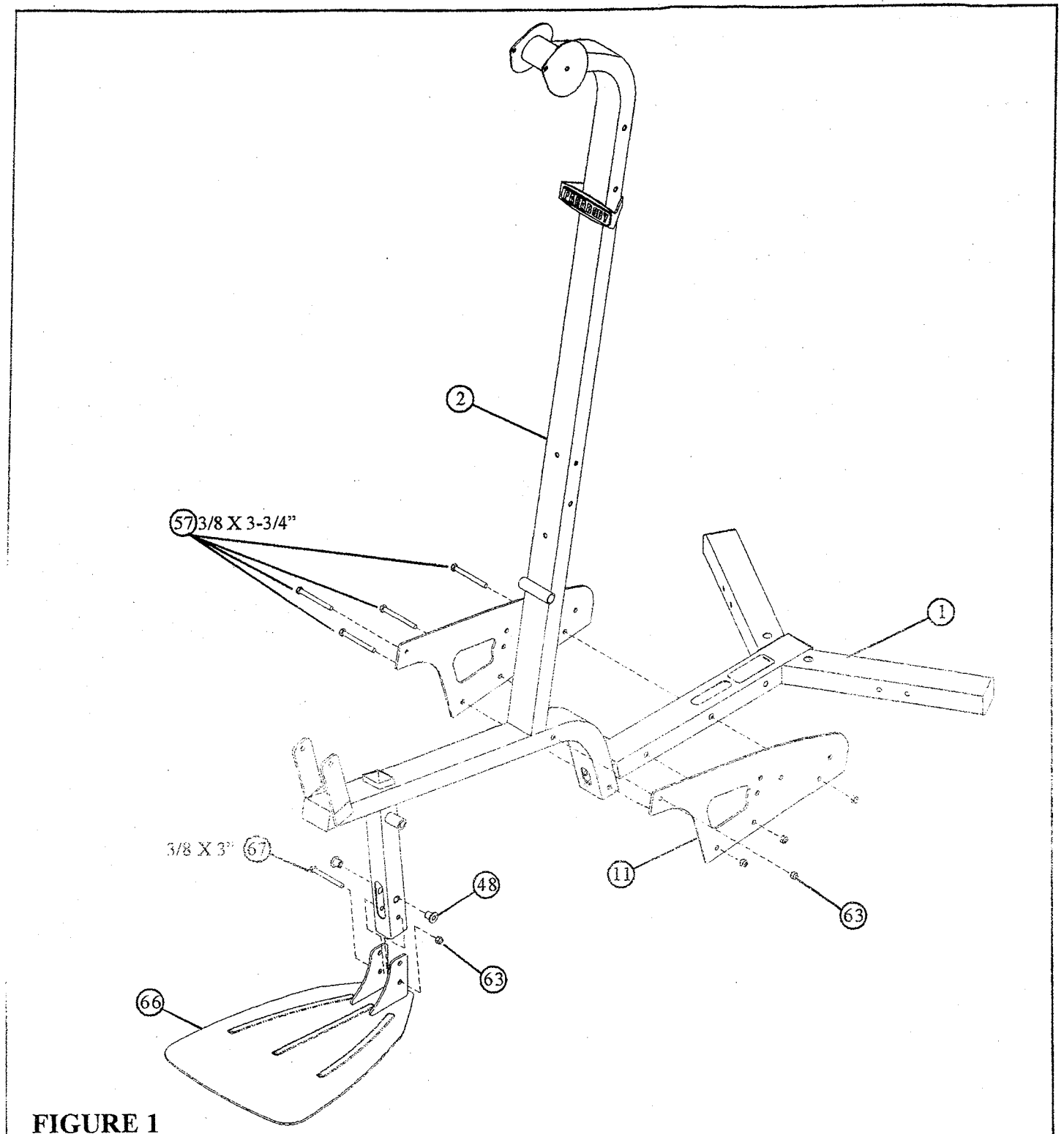


FIGURE 1

STEP 1:

- **LOOSELY** assemble two BASE PLATES (11) to the BASE (1) and the UPRIGHT (2) using four 3/8 X 3-3/4" BOLTS (57) and four 3/8" LOCK NUTS (63). See FIGURE 1.
- Insert two two 3/8 X 9/16" FLANGE SPACERS (48) into the upper hole of the FRAME (2) as shown.
- **LOOSELY** assemble the FOOTPLATE (66) to the FRAME (2) using one 3/8 X 3" BOLT (67) and one 3/8" LOCK NUT (63) as shown in FIGURE 1.

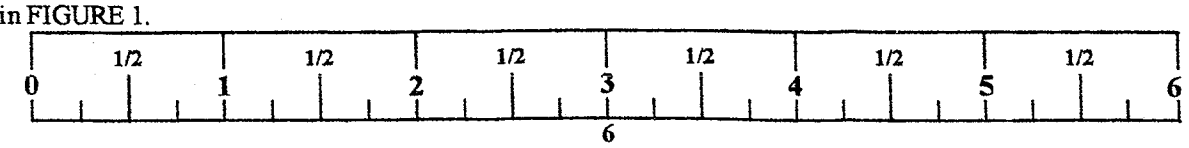
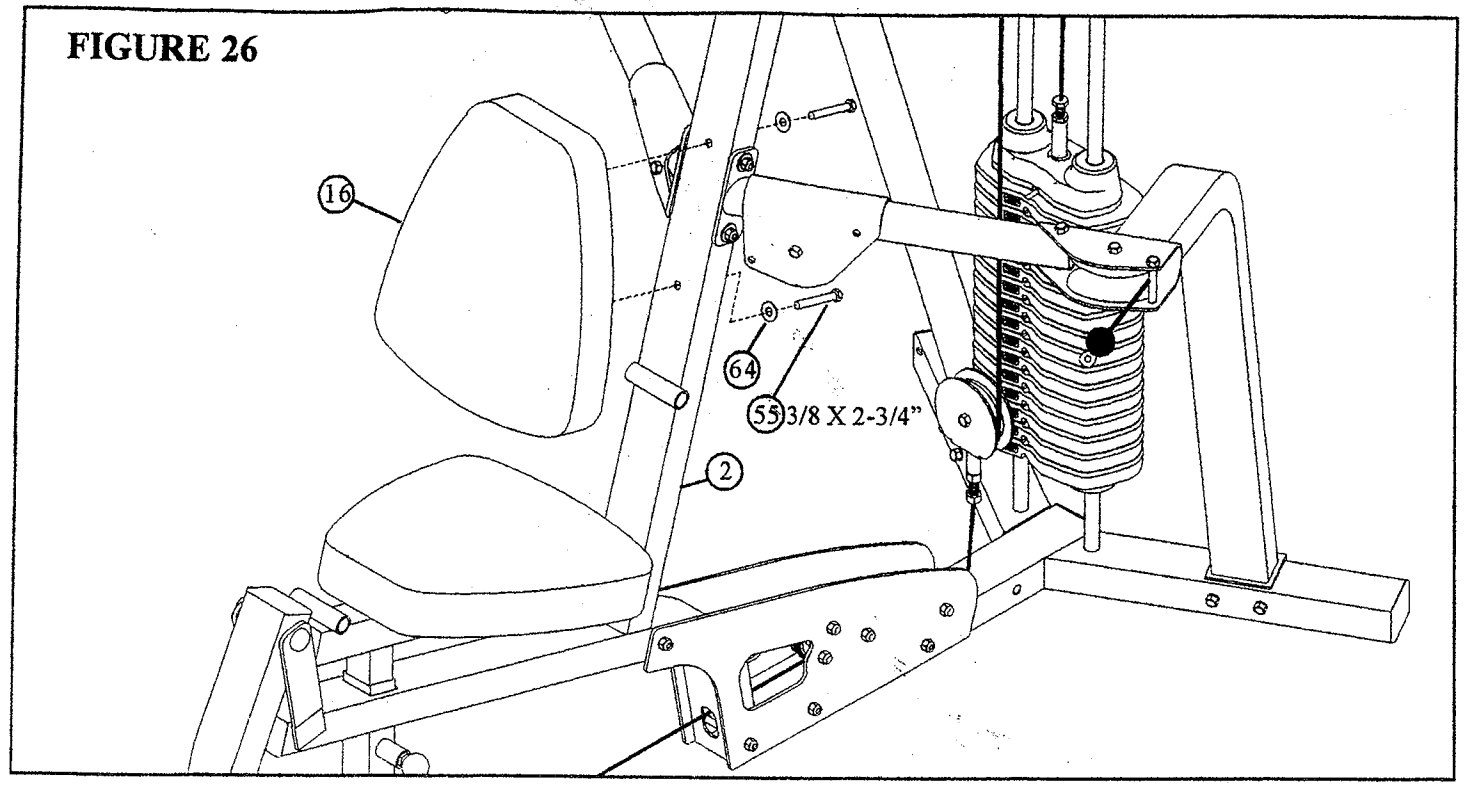


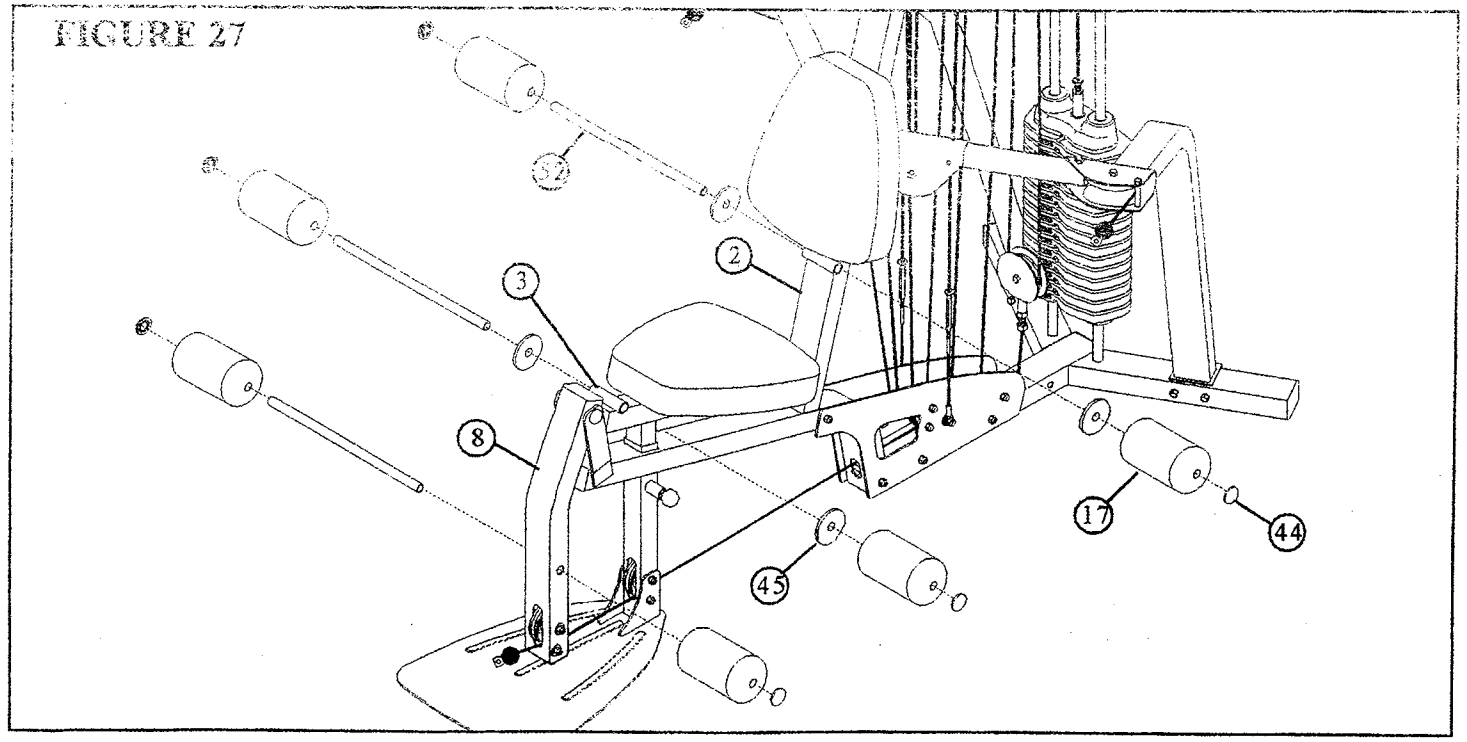
FIGURE 26



STEP 26:

- **SECURELY** assemble one SEAT PAD (16) to the UPRIGHT (2) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" WASHERS (64). See FIGURE 26.

FIGURE 27



STEP 27:

- Assemble two ROLLER PADS (17) to the LEG PEDESTAL (8) using one 3/4 X 17" TUBE (52) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 27.
- Assemble two ROLLER PADS (17) to the SEAT ADJUST (3) using one 3/4 X 1" TUBE (52), two PLASTIC WASHERS (45) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 27.
- Assemble two ROLLER PADS (17) to the UPRIGHT (2) using one 3/4 X 17" TUBE (52), two PLASTIC WASHERS (45) and two 3/4" STARLOCK COLLARS (44) as shown in FIGURE 27.

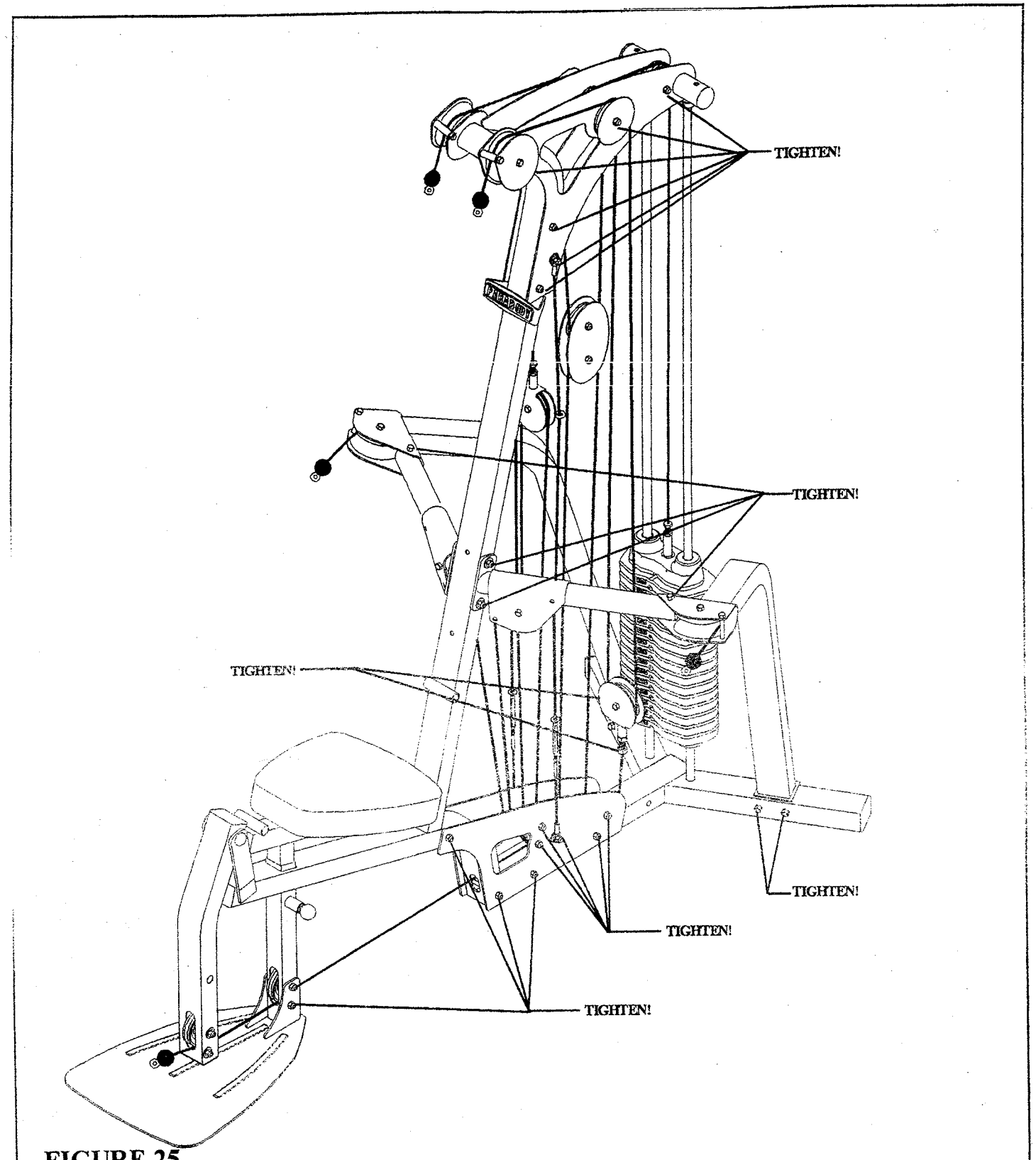
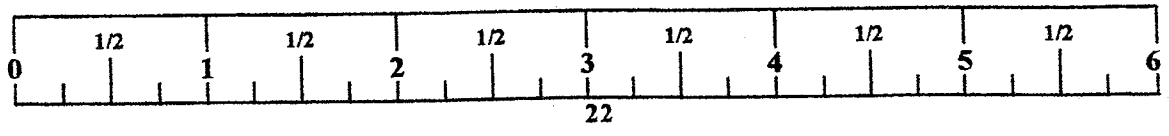


FIGURE 25

STEP 25:

- **SECURELY** tighten all loose frame connections as shown in FIGURE 25!



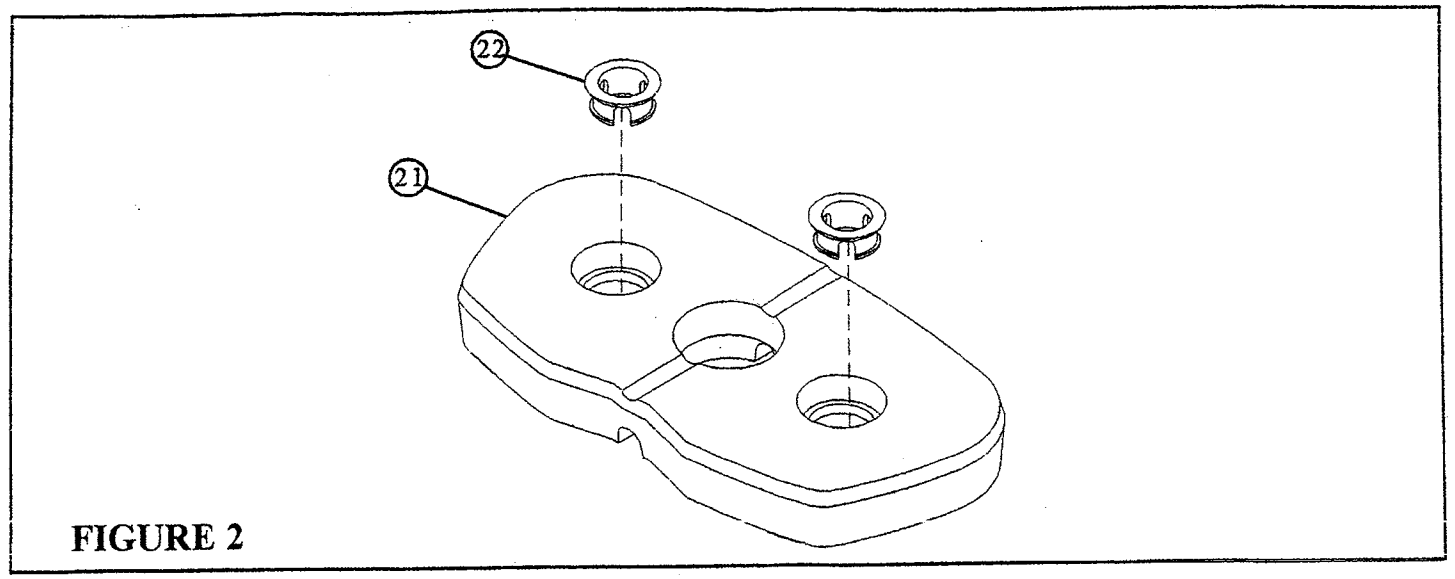


FIGURE 2

STEP 2:

- Insert two WEIGHT PLATE BUSHINGS (22) into each of the fifteen WEIGHT PLATES (21) as shown in FIGURE 2.

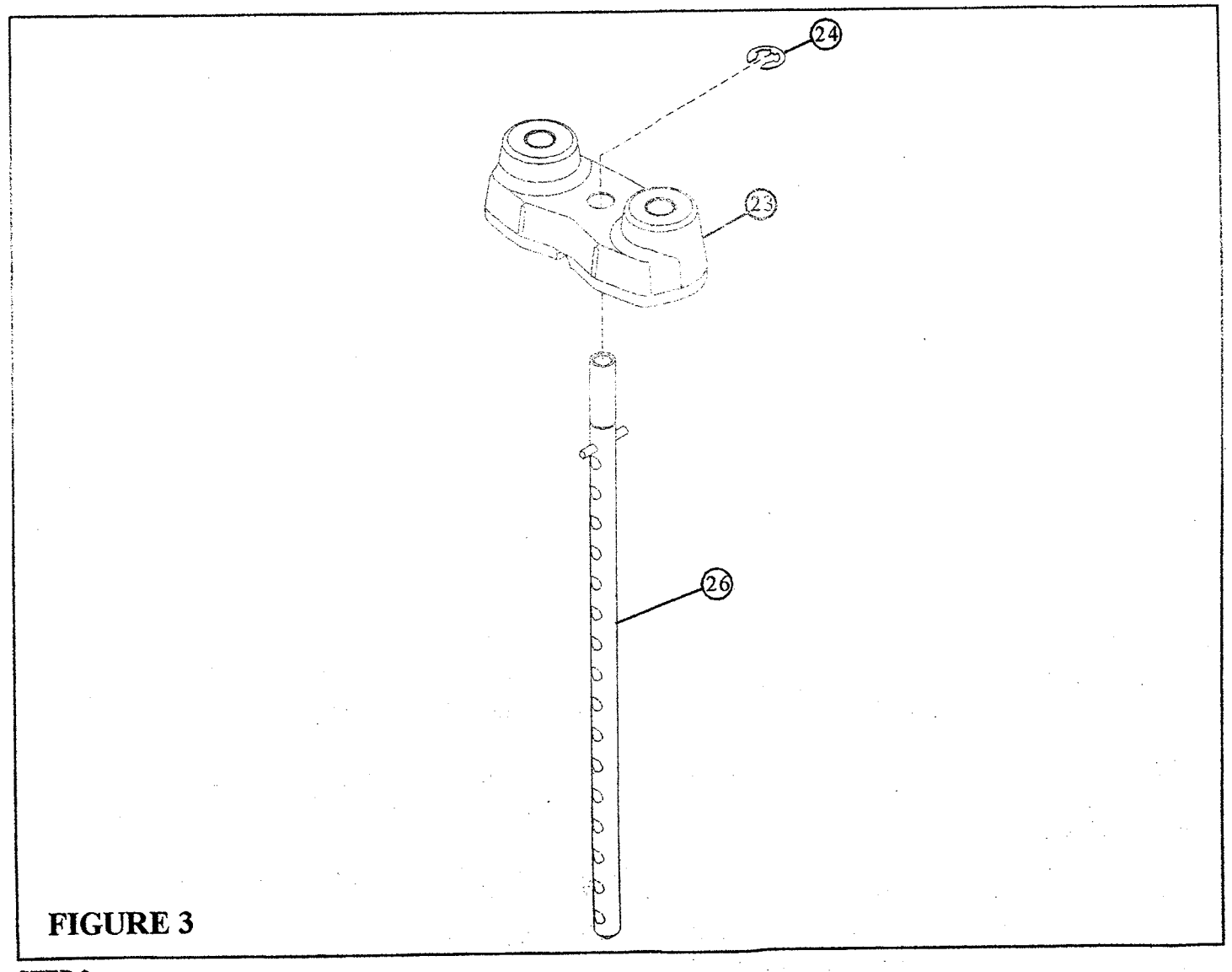


FIGURE 3

STEP 3:

- Slide the WEIGHT PLATE SHAFT (26) thru the hole in the HEAD PLATE(23), and lock in place using one E-RING (24) as shown in FIGURE 3.

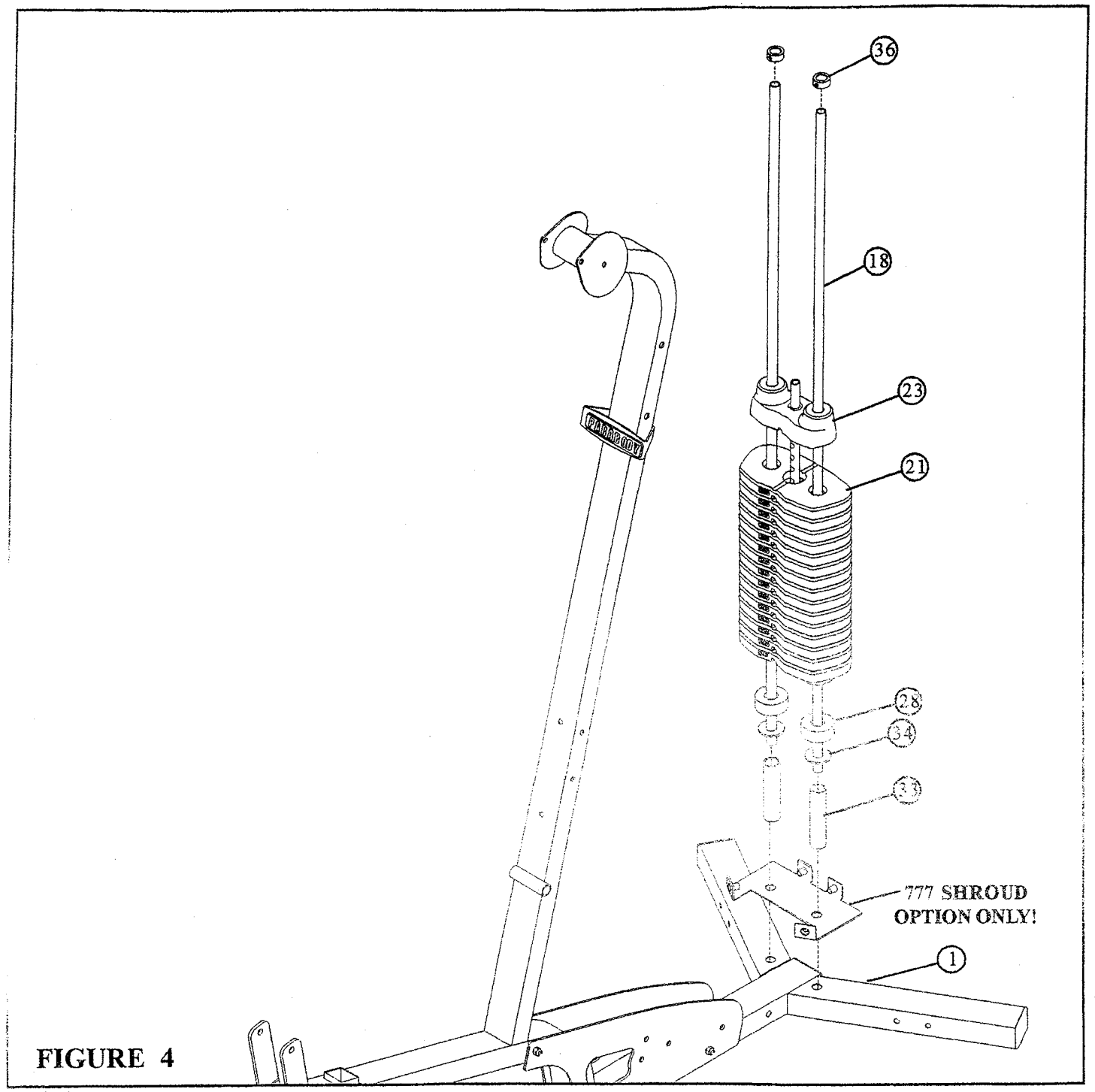


FIGURE 4

STEP 4:

- Insert two GUIDE RODS (18) into the BASE (1) as shown on FIGURE 4. **(NOTE: If the 777 SHROUD OPTION was purchased, place the GUIDE RODS (18) through the BOTTOM SHROUD BRACKET (found in SHROUD OPTION box) and into the BASE (1) as shown in FIGURE 4.**
- **(NOTE: Lubricate GUIDE RODS (18) with silicon or teflon spray available at most hardware stores.)**
- Slide two WEIGHT STACK SPACERS (33), two 3/4" FLAT WASHERS (34), and two WEIGHT STACK CUSHIONS (28) down over the GUIDE RODS (18).
- Using **EXTREME CARE** slide all fifteen WEIGHT PLATES (21) down over the GUIDE RODS (18) on to the WEIGHT STACK CUSHIONS (28). Make sure that the WEIGHT PLATES (21) are all facing as shown.
- Slide the head plate assembly down over the GUIDE RODS (18) onto the weight stack.
- Slide two SHAFT COLLARS (36) over the GUIDE RODS (18) as shown in FIGURE 4.

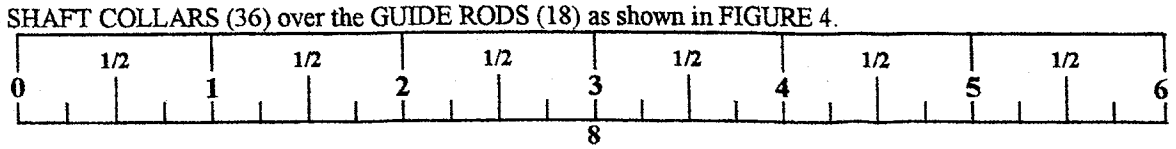
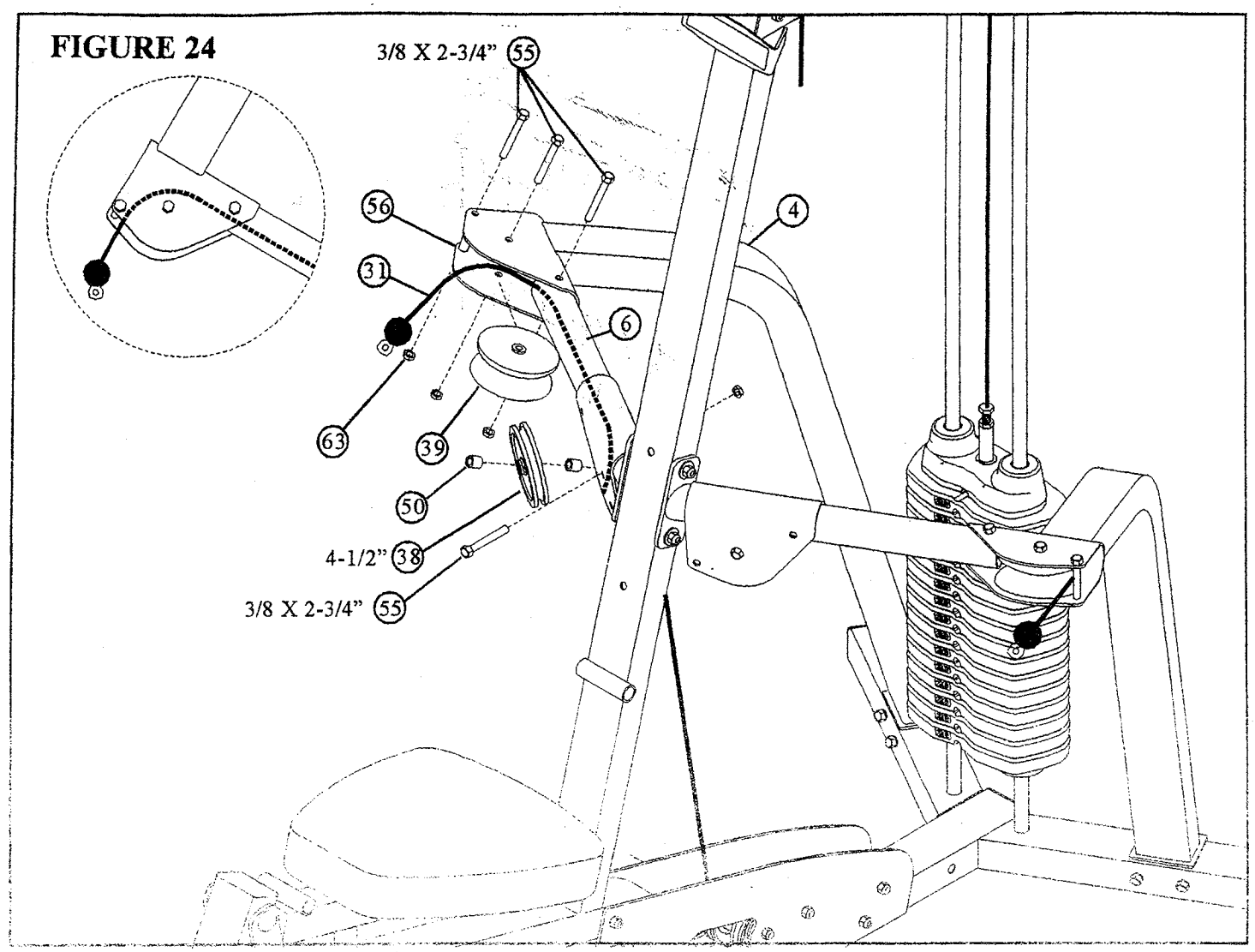
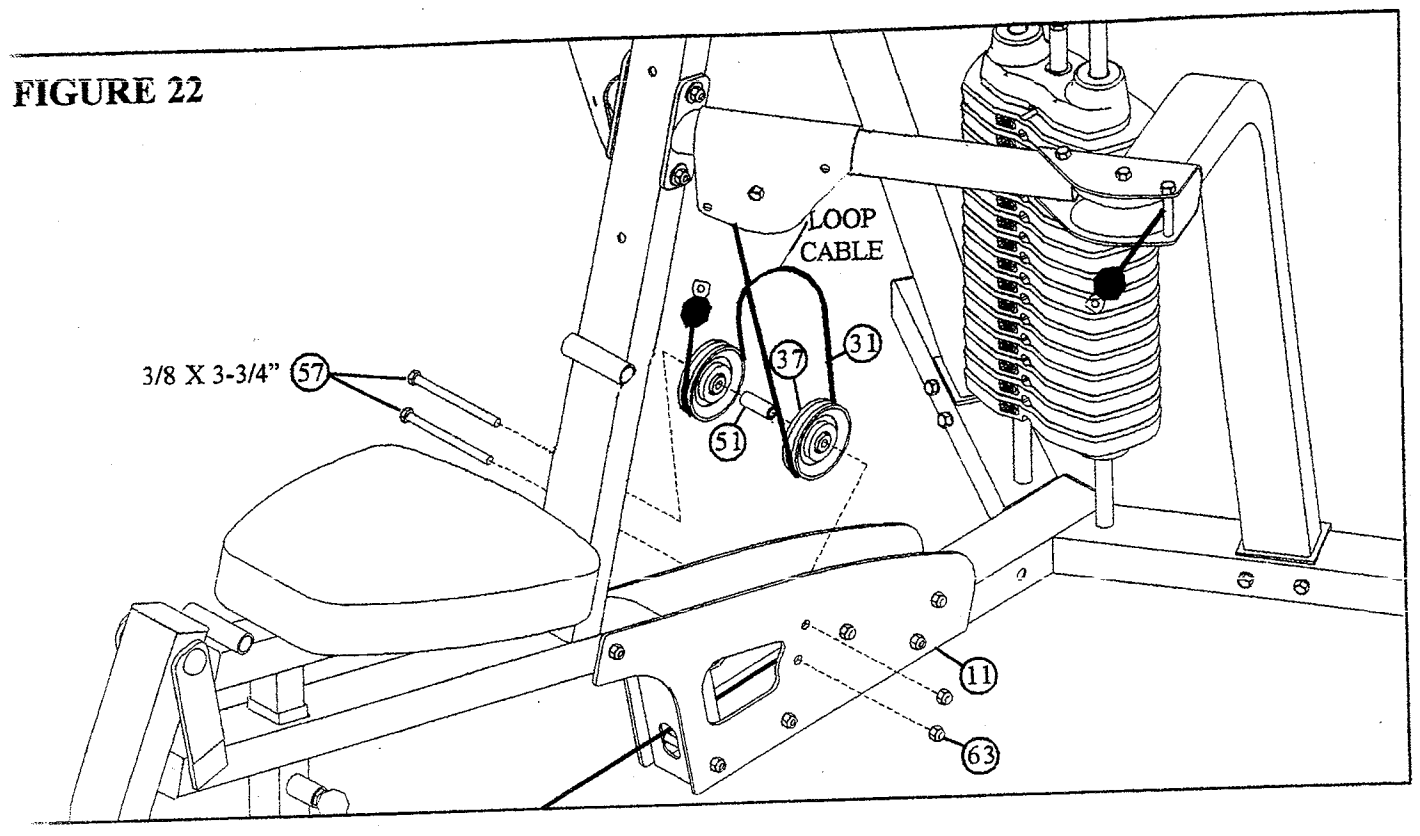


FIGURE 24



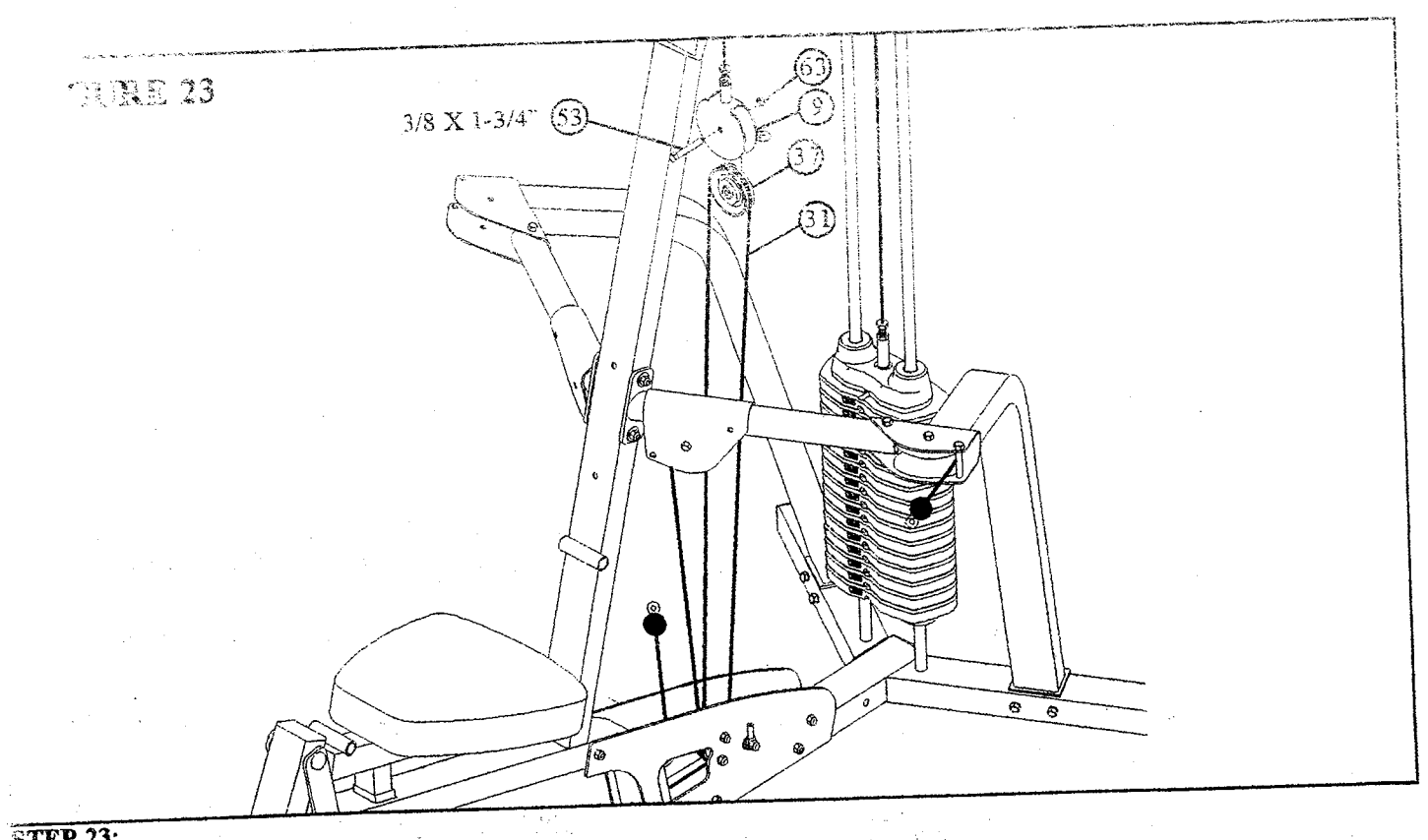
STEP 24:

- Route the ARM CABLE (31) through the RIGHT ARM (6) as shown in FIGURE 24.
- Assemble one 4-1/2" PULLEY (38) to the RIGHT ARM (6) using one 3/8 X 2-3/4" BOLT (55), two 3/8 X 1/2" SPACERS (50) and one 3/8" LOCK NUT (63). See FIGURE 24. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the RIGHT ARM.)**
- Assemble one V-PULLEY (39) to the RIGHT ARM SUPPORT (4) using using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 24. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the RIGHT ARM SUPPORT.)**
- **SECURELY** assemble one 2" NYLON SPACER (56) to the RIGHT ARM SUPPORT (4) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 24.
- Assemble the RIGHT ARM (6) to the RIGHT ARM SUPPORT (4) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 24. **(Note: Make sure the ARM CABLE runs in FRONT of the bolt as shown!.)**



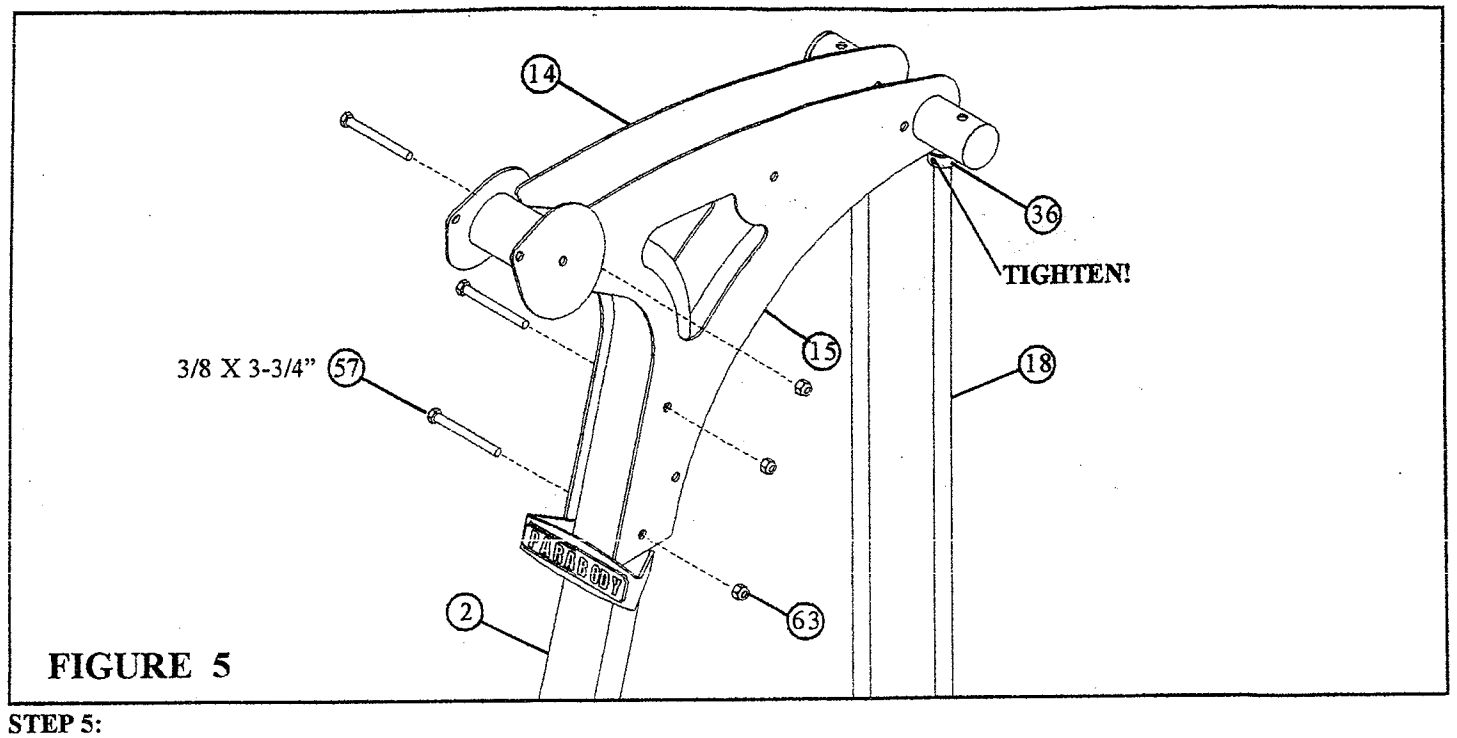
22:

...ible two 3-1/2" PULLEYS (37) to the BASE PLATES (11) using two 3/8 X 3-3/4" BOLTS (57), one 3/8 X 1" SPACER (51) ...wo 3/8" LOCK NUTS (63). See FIGURE 22.**(Note: Loop the ARM CABLE (31) around the PULLEYS prior to assem-** ...the PULLEYS. Leave a loop in the ARM CURL as shown!)



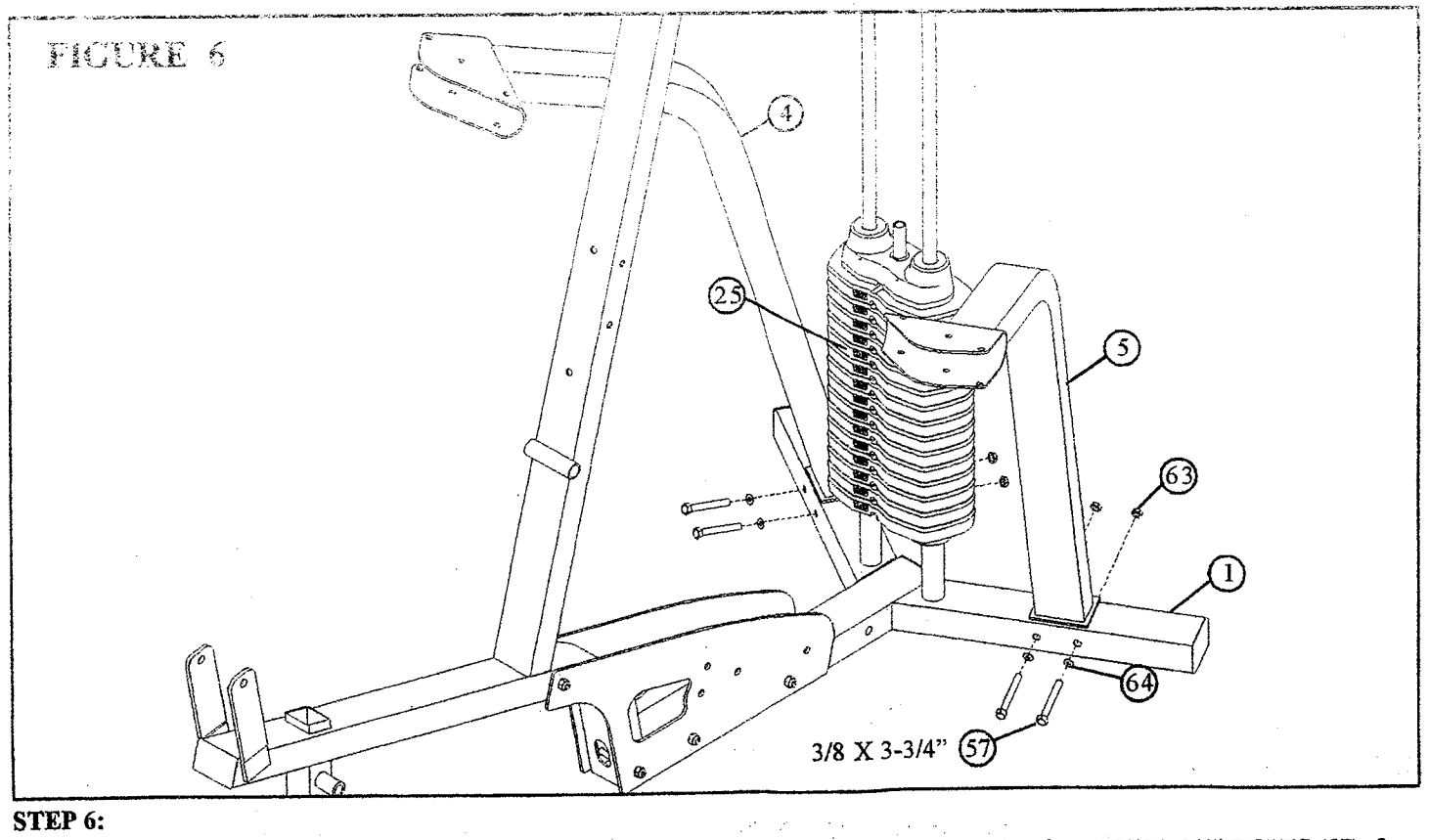
STEP 23:

- Assemble one 3-1/2" PULLEY (37) to the PULLEY BRACKET (9) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) **(Note: Loop the ARM CABLE (31) around the PULLEY prior to assembling the PULLEY BRACKET.)**



STEP 5:

- Swing the GUIDE RODS (18) into the guide rod bushings in each of the RIGHT and LEFT BOOM PLATES (14 & 15) as shown in FIGURE 5.
- **LOOSELY** assemble the RIGHT and LEFT BOOM PLATES (14 & 15) to the UPRIGHT (2) using three 3/8 X 3-3/4" BOLTS (57) and three 3/8" LOCK NUTS (63). See FIGURE 5.
- Slide the SHAFT COLLARS (36) to the top of the GUIDE RODS (18) and tighten set screws as shown in FIGURE 5



STEP 6:

- **LOOSELY** assemble the RIGHT and LEFT ARM SUPPORTS (4 & 5) to the BASE (1) using four 3/8 X 3-3/4" BOLTS (57), four 3/8" FLAT WASHERS (64), and four 3/8" LOCK NUTS (63). See FIGURE 6.
- Apply WEIGHT STACK LABELS (25) to the WEIGHT PLATES (21) as shown in FIGURE 6.

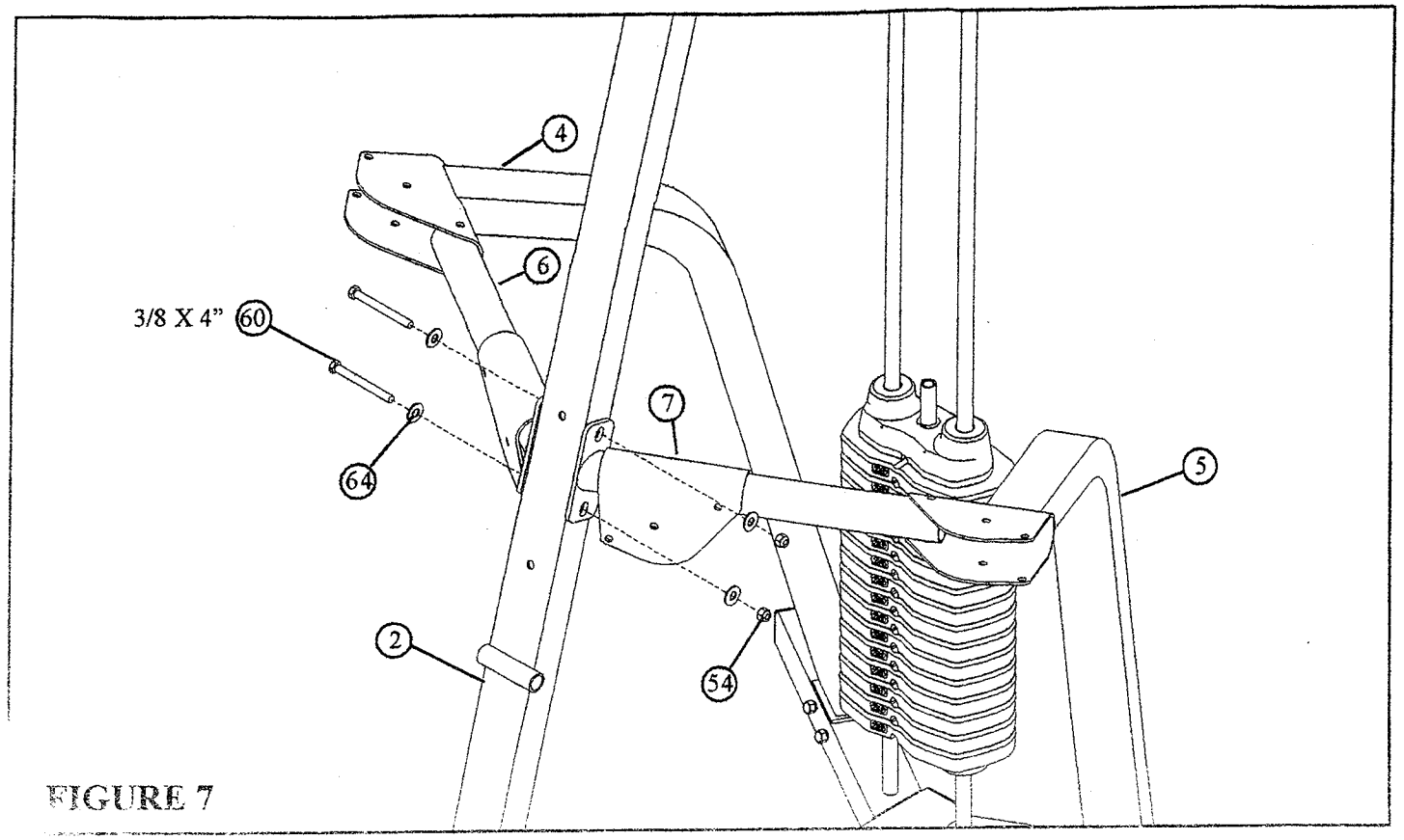


FIGURE 7

STEP 7:

SECURELY assemble the RIGHT and LEFT ARMS (6 & 7) to the UPRIGHT (2) and the RIGHT and LEFT ARM SUPPORTS (4 and 5) using two 3/8 X 4" BOLTS (60), four 3/8" FLAT WASHERS (64), and two 3/8" LOW HEIGHT LOCK NUTS (54). See FIGURE 7.

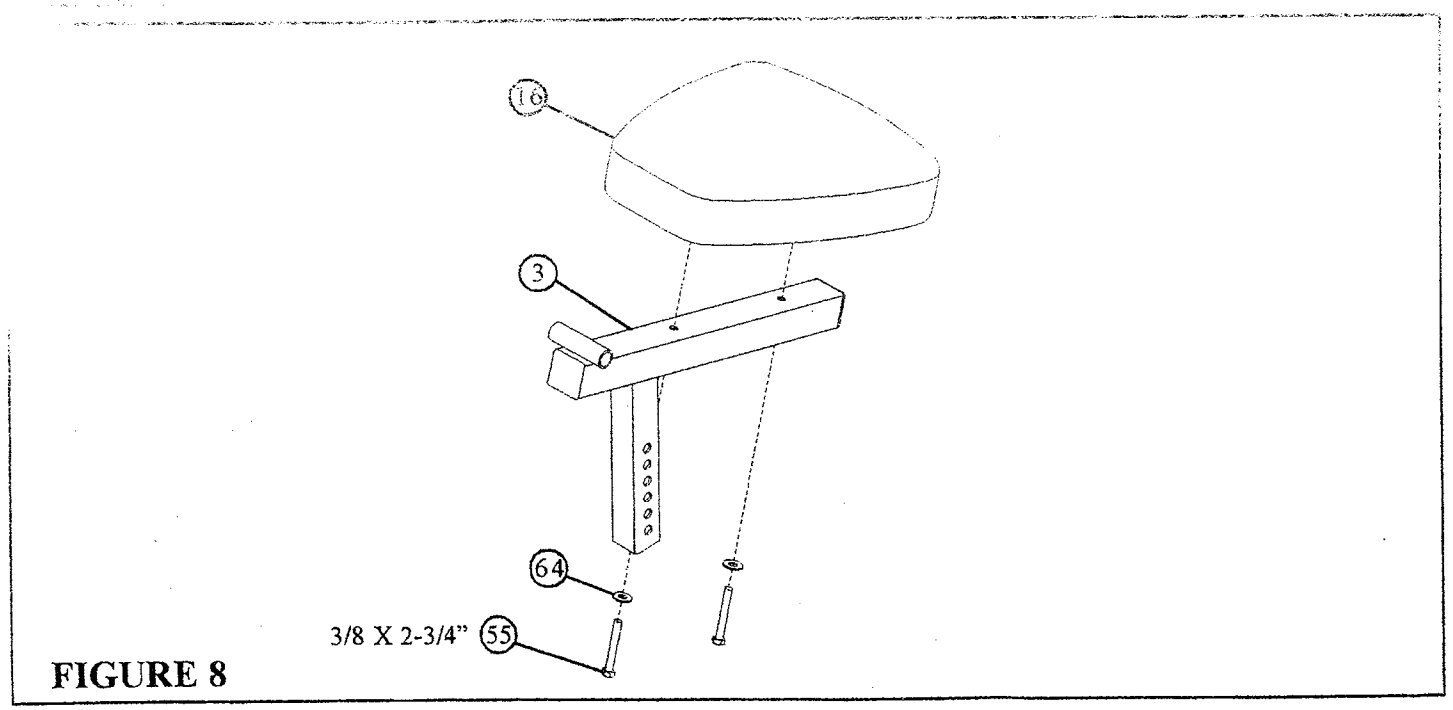


FIGURE 8

STEP 8:

- **SECURELY** assemble one SEAT PAD (16) to the SEAT ADJUST (3) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" WASHERS (64). See FIGURE 8.

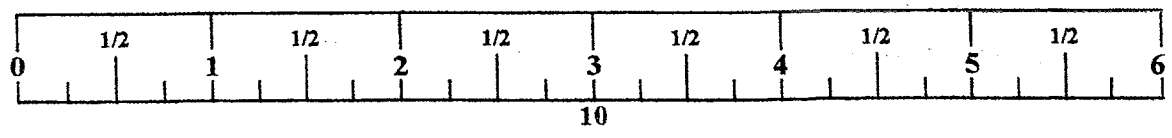
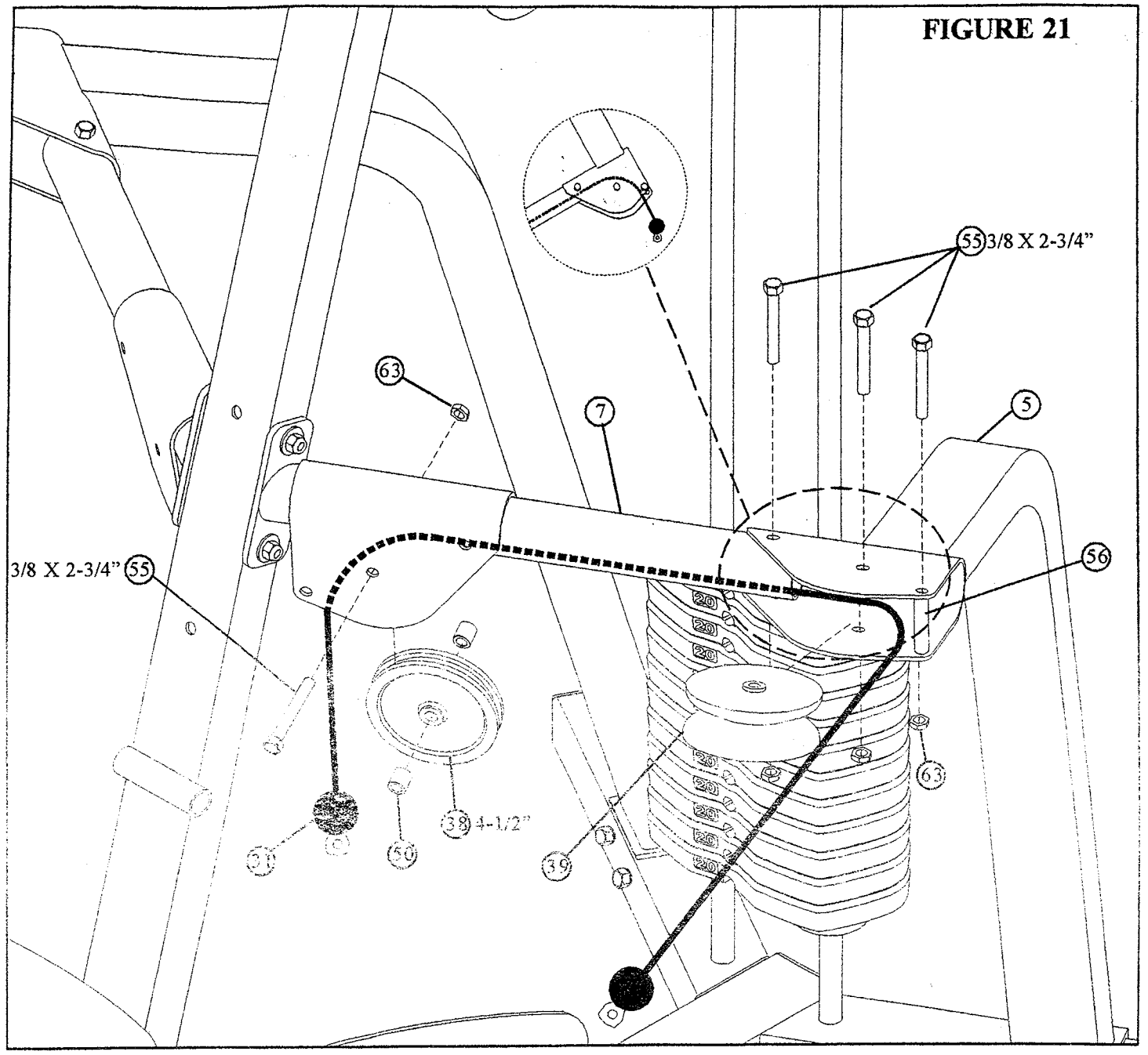


FIGURE 21



STEP 21:

- Route the ARM CABLE (31) through the LEFT ARM (7) as shown in FIGURE 21.
- Assemble one V-PULLEY (39) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 21. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the LEFT ARM SUPPORT.)**
- **SECURELY** assemble one 2" NYLON SPACER (56) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 21.
- Assemble the LEFT ARM (7) to the LEFT ARM SUPPORT (5) using one 3/8 X 2-3/4" BOLT (55) and one 3/8" LOCK NUT (63). See FIGURE 21. **(Note: Make sure the ARM CABLE runs in FRONT of the bolt as shown!.)**
- Assemble one 4-1/2" PULLEY (38) to the LEFT ARM (7) using one 3/8 X 2-3/4" BOLT (55), two 3/8 X 1/2" SPACERS (50) and one 3/8" LOCK NUT (63). See FIGURE 21. **(Note: Loop the ARM CABLE around the PULLEY prior to assembling the LEFT ARM.)**

STEP 19:

- Assemble one 3-1/2" PULLEY (37) to the PULLEY PLATES (10) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) as shown in FIGURE 19. **(Note: Loop the CABLE around the PULLEY prior to assembling the PULLEY PLATES.)**

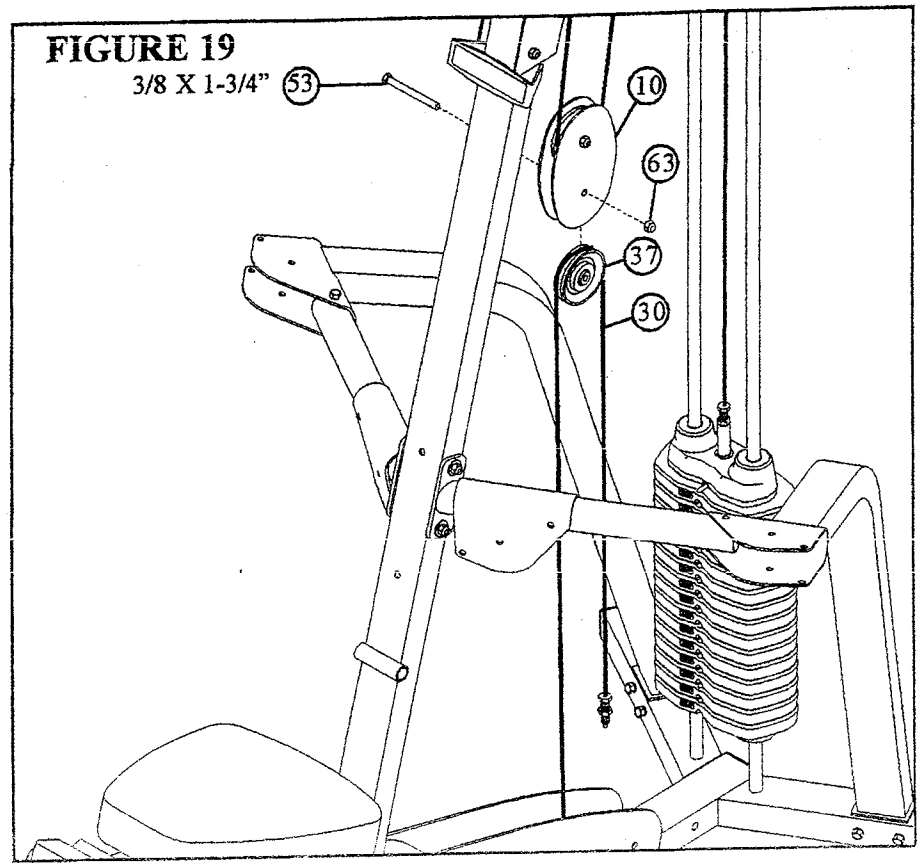


FIGURE 19

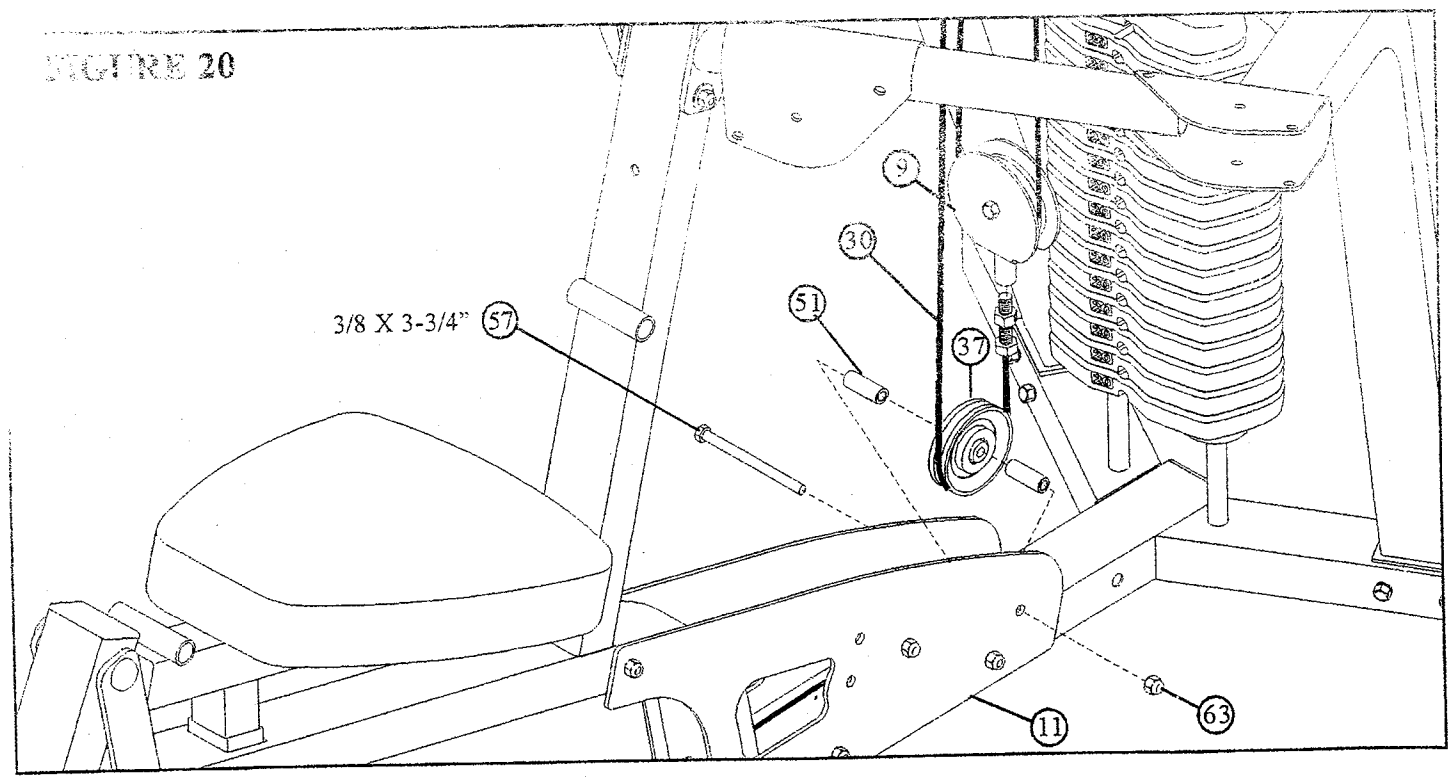


FIGURE 20

STEP 20:

- Assemble one 3-1/2" PULLEY (37) to the BASE PLATES (11) using one 3/8 X 3-3/4" BOLT (57), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 19.**(Note: Loop the LEG CABLE (30) around the PULLEY prior to assembling the BASE PLATES.)**
- Screw the threaded end of the LEG CABLE (30) into the end of the PULLEY BRACKET (9). See FIGURE 20.

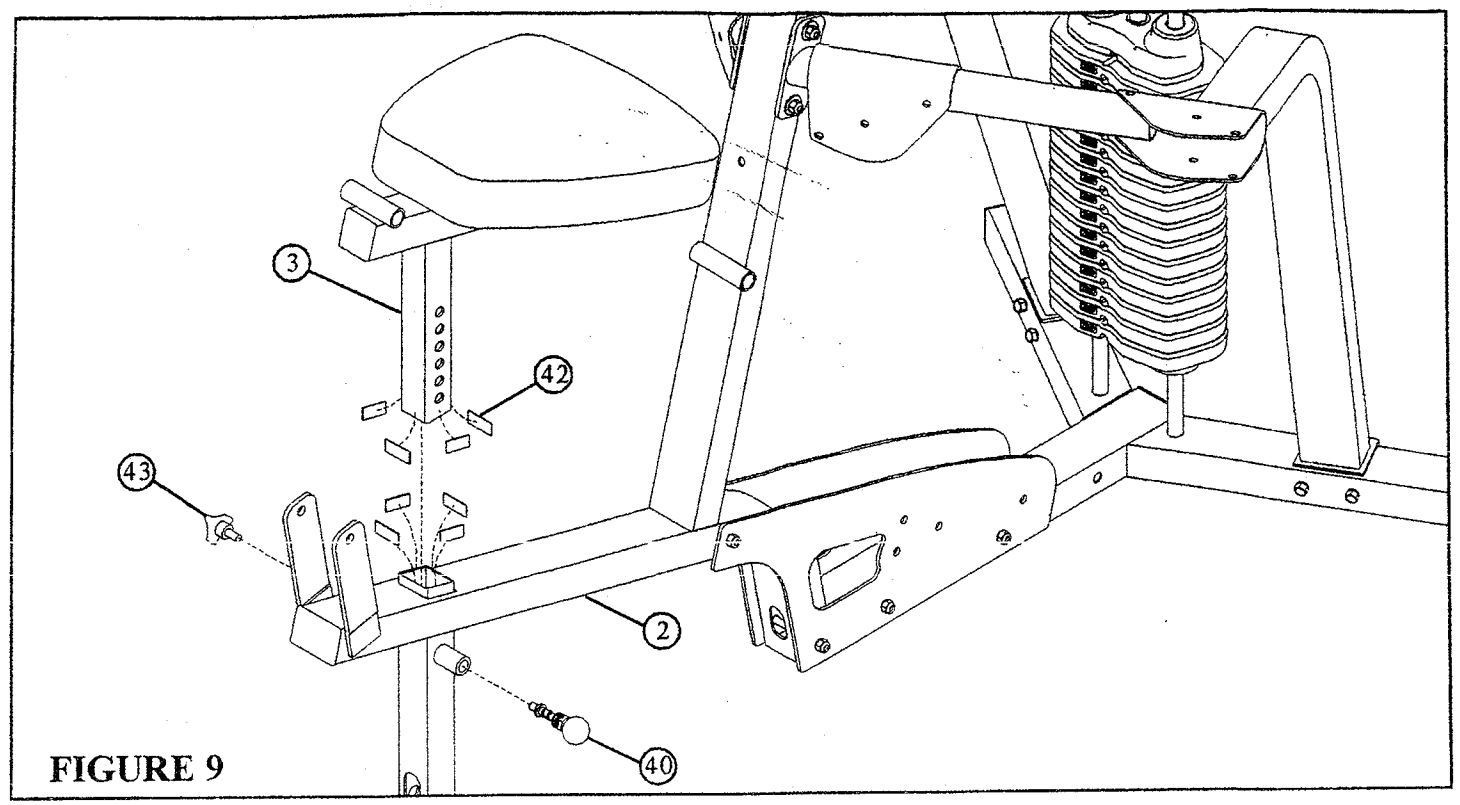


FIGURE 9

STEP 9:

- Securely assemble one SPRING PIN ASSEMBLY (40) and one 3 PRONG KNOB (43) to the FRONT UPRIGHT (2) as shown.
- Apply eight PARAGLIDES (42) to the **INSIDE** of the tube on the UPRIGHT (2) and on the **OUTSIDE** of the SEAT ADJUST (3) as shown.
- CAREFULLY insert the SEAT ADJUST ASSEMBLY into the UPRIGHT (2) as shown. The SEAT height can be adjusted using the SPRING PIN (40) and can be secured with the 3 PRONG KNOB (43).

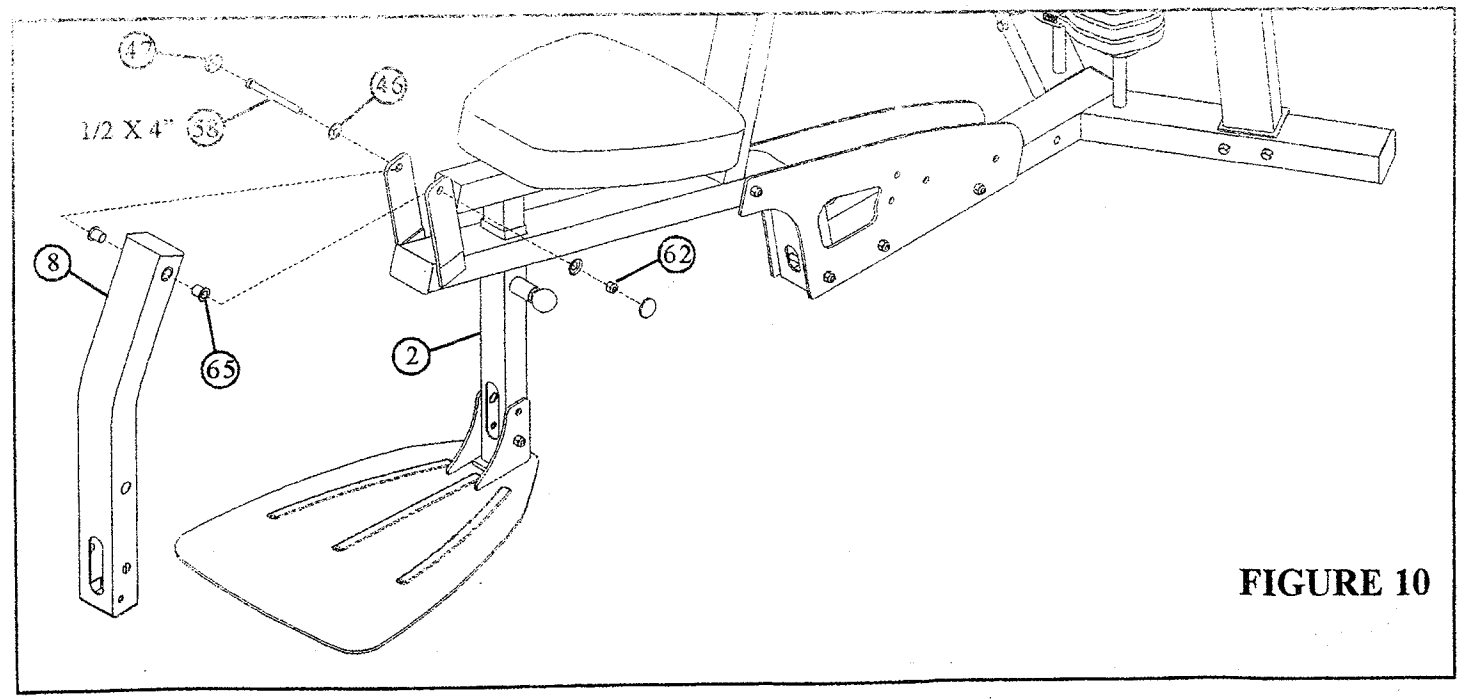


FIGURE 10

STEP 10:

- Insert two 1/2" FLANGE BEARINGS (65) into the the LEG PEDESTAL (8) as shown in FIGURE 10.
- Assemble the LEG PEDESTAL (8) to the UPRIGHT (2) using two RH CAPS (47), one 1/2 X 4" BOLT (58), two 1/2" RH WASHERS (46), and one 1/2" LOW HEIGHT LOCK NUT (62). **(Note: Tighten this connection enough to remove excess play yet allow the LEG PEDESTAL to rotate freely.)**

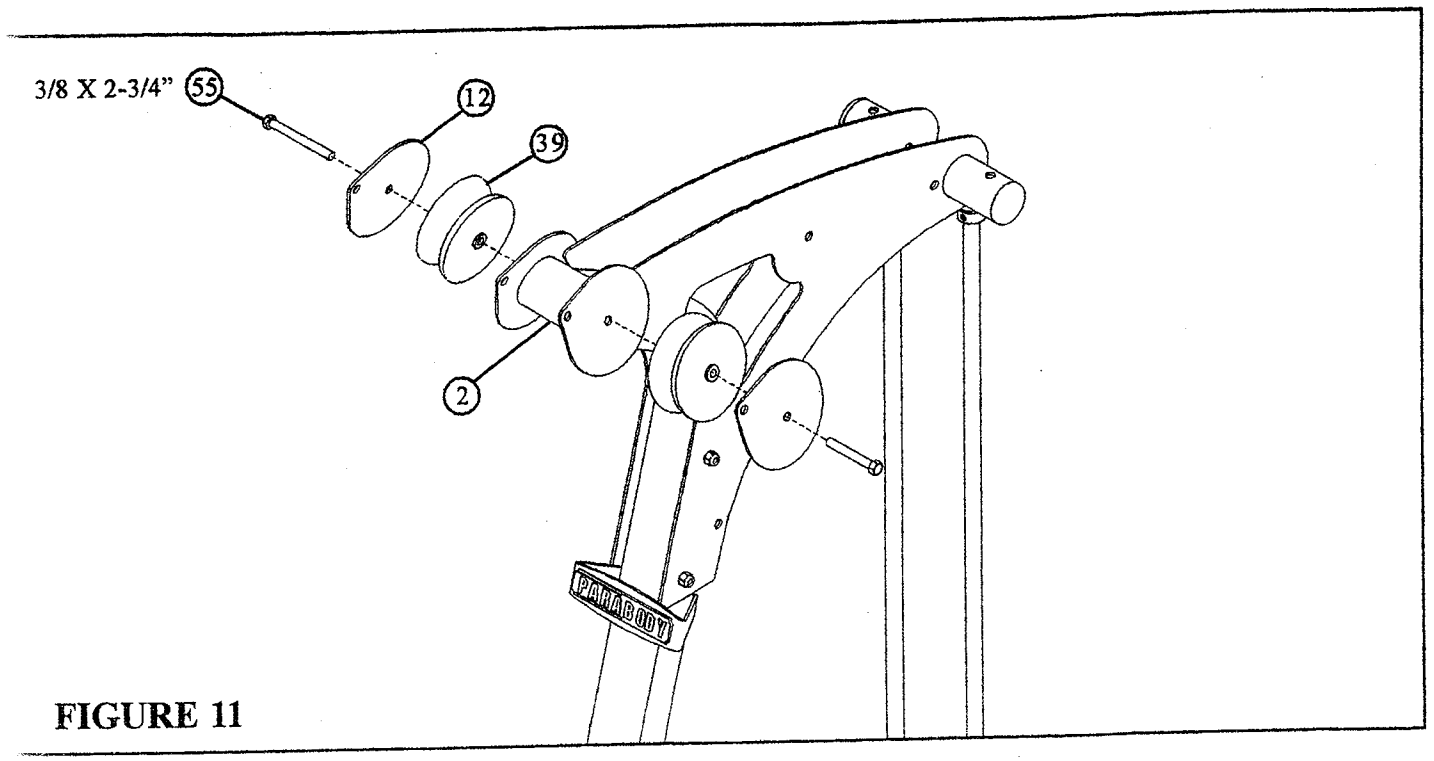


FIGURE 11

EP 11:

ssemble two V-PULLEY PLATES (12) and two 4-1/2" V-GROOVE PULLEYS (39) to the UPRIGHT (2) using two 3/8 X 2-3/4" OLTS (55) . See FIGURE 11.

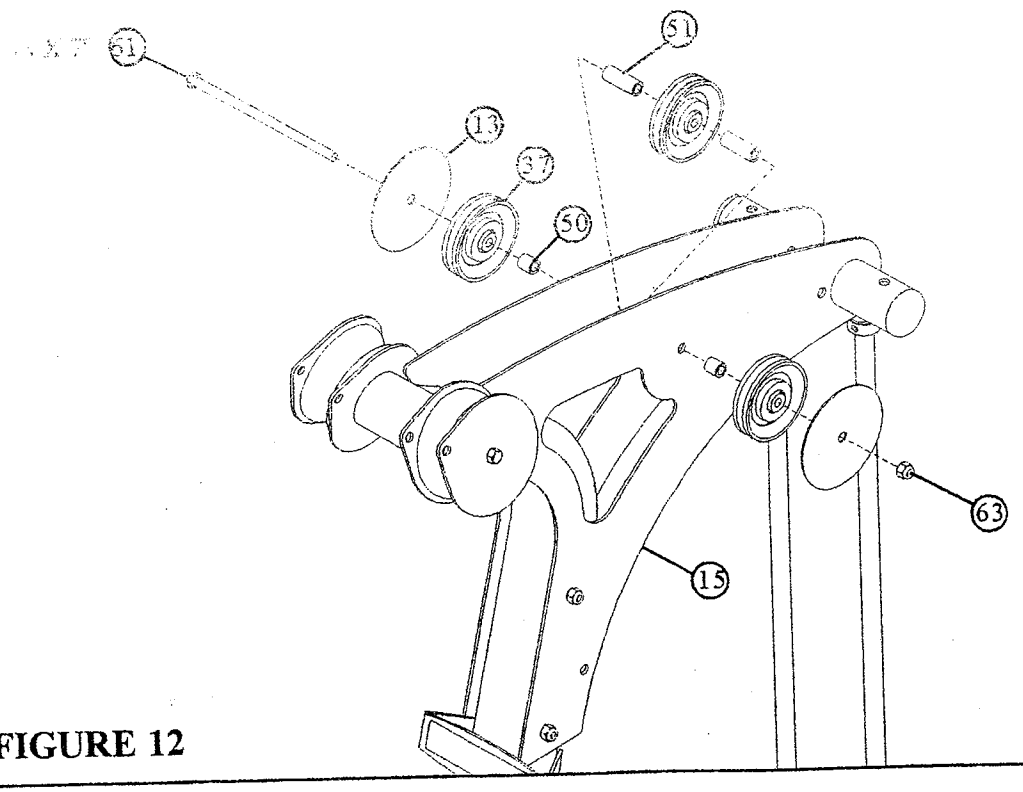


FIGURE 12

STEP 12:

- Assemble two BOOM PULLEY PLATES (13) and three 3-1/2" PULLEYS (37) to the BOOM PLATES (14 & 15) using one 3/8 X 7" BOLT (61), two 3/8 X 1/2" SPACERS (50), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63) . See FIGURE 12.

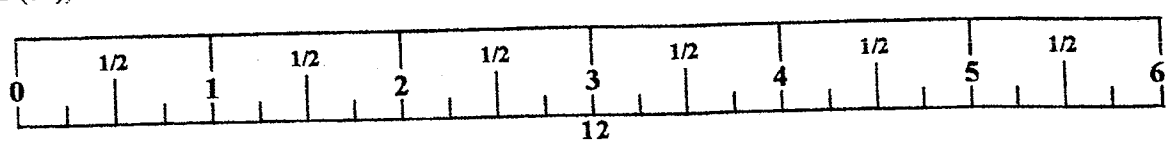
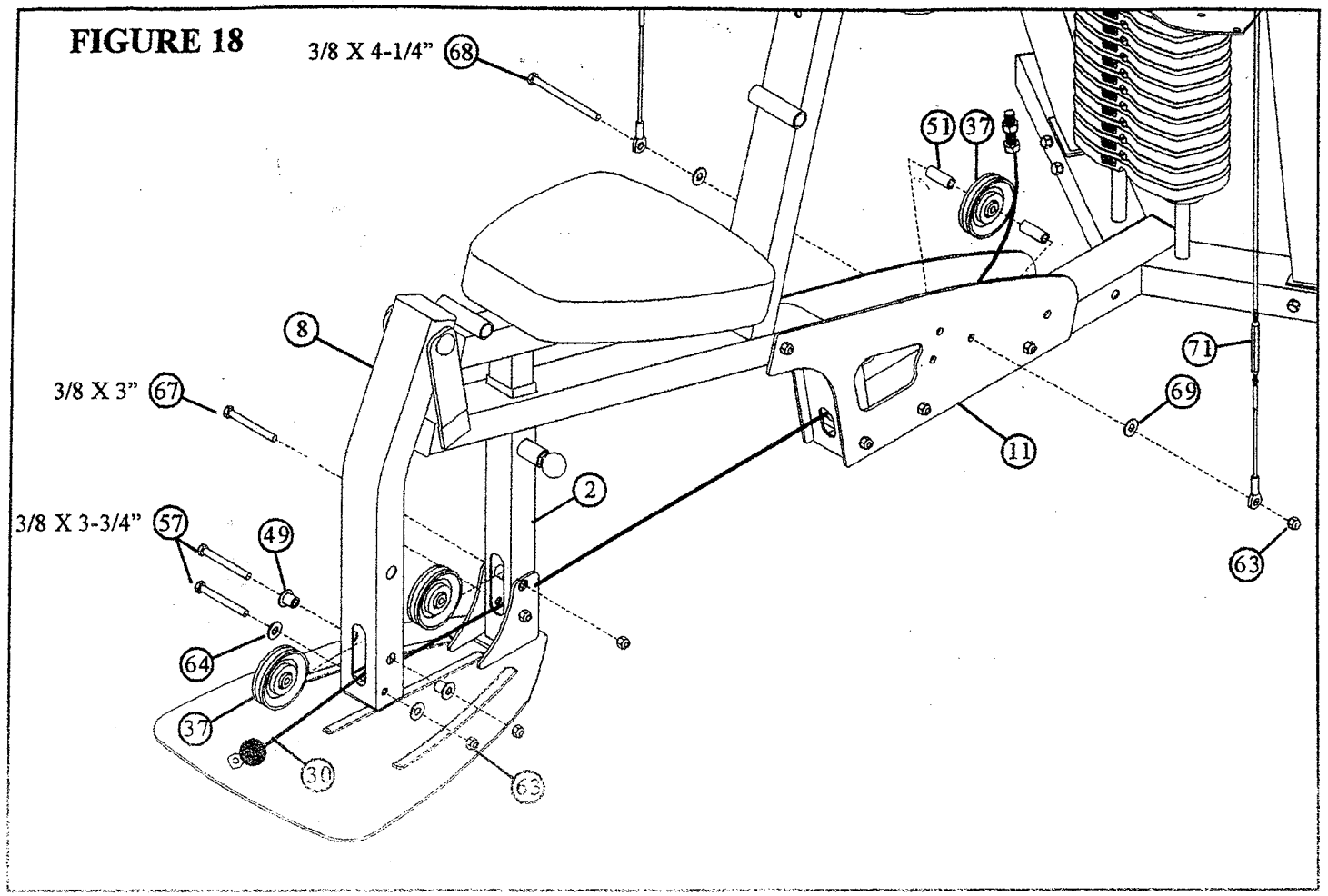


FIGURE 18



STEP 18:

- Securely assemble the ball end of the LEG CABLE (30) and one 3-1/2" PULLEY (37) to the LEG PEDESTAL (8) using two 3/8 X 3-3/4" BOLTS (57), two 3/8" X 1-1/16" FLANGE SPACERS (49), two 3/8" WASHERS (64), and two 3/8" LOCKNUTS (63). **(NOTE: The LEG CABLE (91) must be routed over the retaining bolt as shown in FIGURE 18.)**
- Securely assemble one 3-1/2" PULLEY (37) to the UPRIGHT (2) using one 3/8 X 3" BOLT (67) and one 3/8" LOCKNUT (63). **(NOTE: The LEG CABLE (91) must be routed over the retaining bolt as shown in FIGURE 18.)**
- Assemble one 3-1/2" PULLEY (37) to the BASE PLATES (11) using one 3/8 X 4-1/4" BOLT (68), two 3/8" SAE WASHERS (69), two GUIDE CABLES (71), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 18.**(Note: Loop the LEG CABLE (30) around the PULLEY prior to assembling the PULLEY to the BASE PLATES.)**

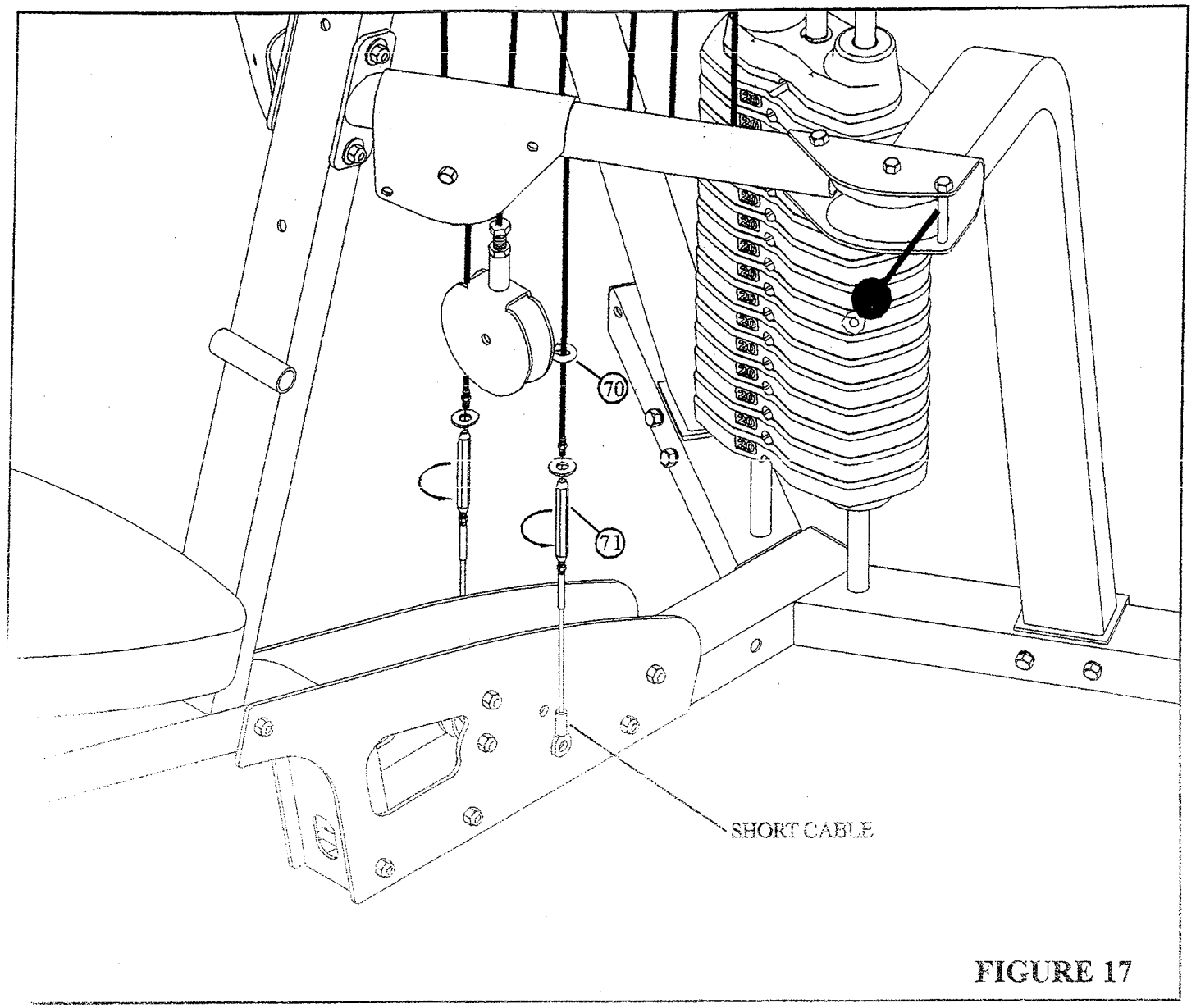
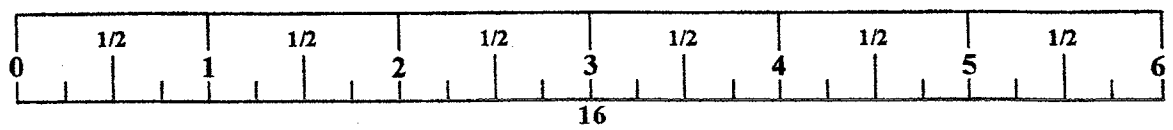


FIGURE 17

EP 17:

- **CAREFULLY** slide the GUIDE BRACKET (70) through the GUIDE CABLES (71) as shown in FIGURE 17.
- Assemble the SHORT CABLE and the turnbuckle to each GUIDE CABLE (71) as shown in FIGURE 17.
- Adjust the turnbuckle on each GUIDE CABLE (71) to add tension to the GUIDE CABLES (71) until they are taut. Secure turnbuckle with the JAM NUTS as shown in FIGURE 17.



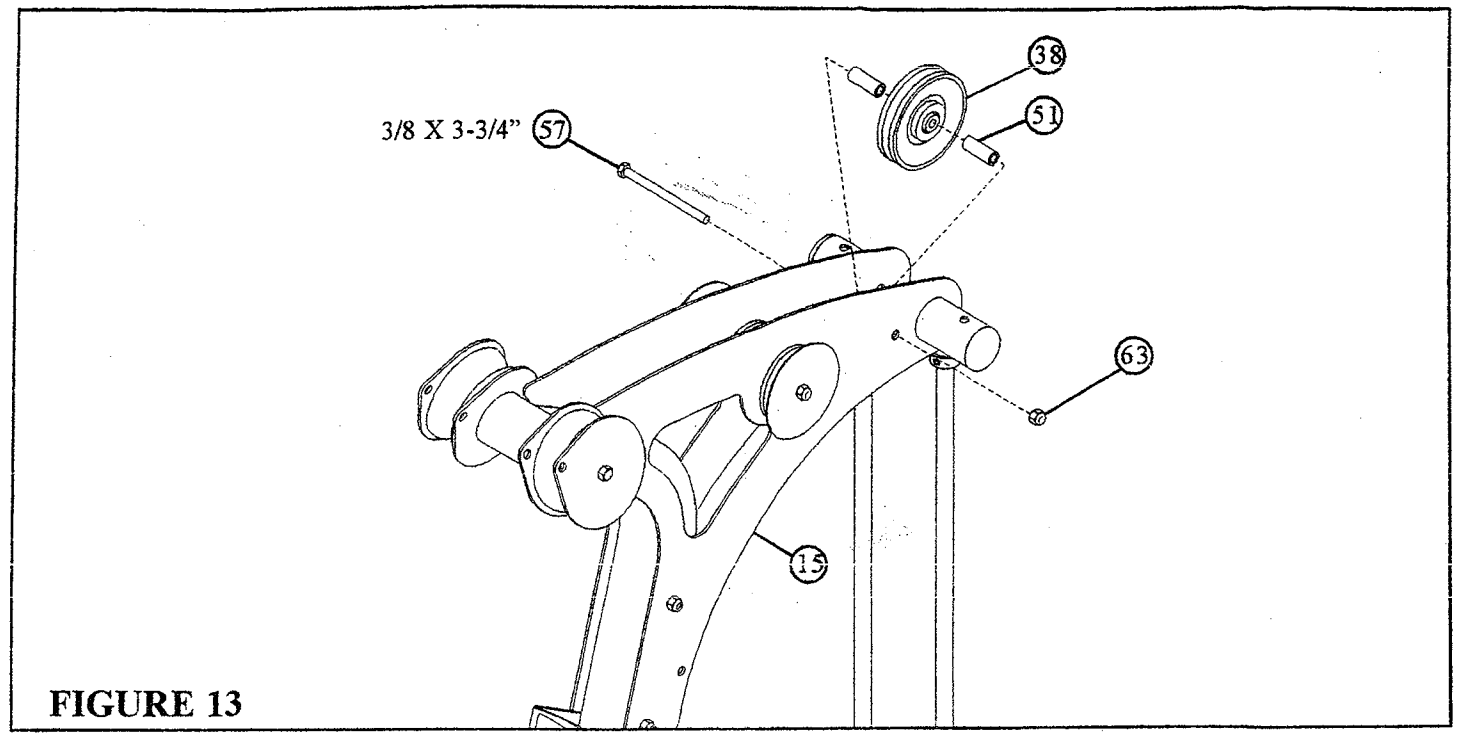


FIGURE 13

STEP 13:

- Assemble one 4-1/2" PULLEY (38) to the BOOM PLATES (14 & 15) using one 3/8 X 3-3/4" BOLT (57), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 13.

- **IMPORTANT! Uncoil and straighten all CABLES in order to remove all twist prior to installation**

STEP 14:

- Assemble the WEIGHT STACK PIN (27) to the WEIGHT STACK SHAFT (26) as shown in FIGURE 14.
- Screw the long threaded end of the WEIGHT STACK CABLE (29) into the end of the WEIGHT PLATE SHAFT (26) .See FIGURE 14.
- Route the WEIGHT STACK CABLE (29) around the pulleys in the BOOM PLATES (14 & 15) as shown in FIGURE 14. **(NOTE: Make sure the cable runs in the grooves of the pulleys.)**
- Assemble two PULLEY PLATES (10) around one 3-1/2" PULLEY (37) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) as shown in FIGURE 14. **(Note: Loop the CABLE around the PULLEY prior to assembling the PULLEY PLATES.)**

FIGURE 14

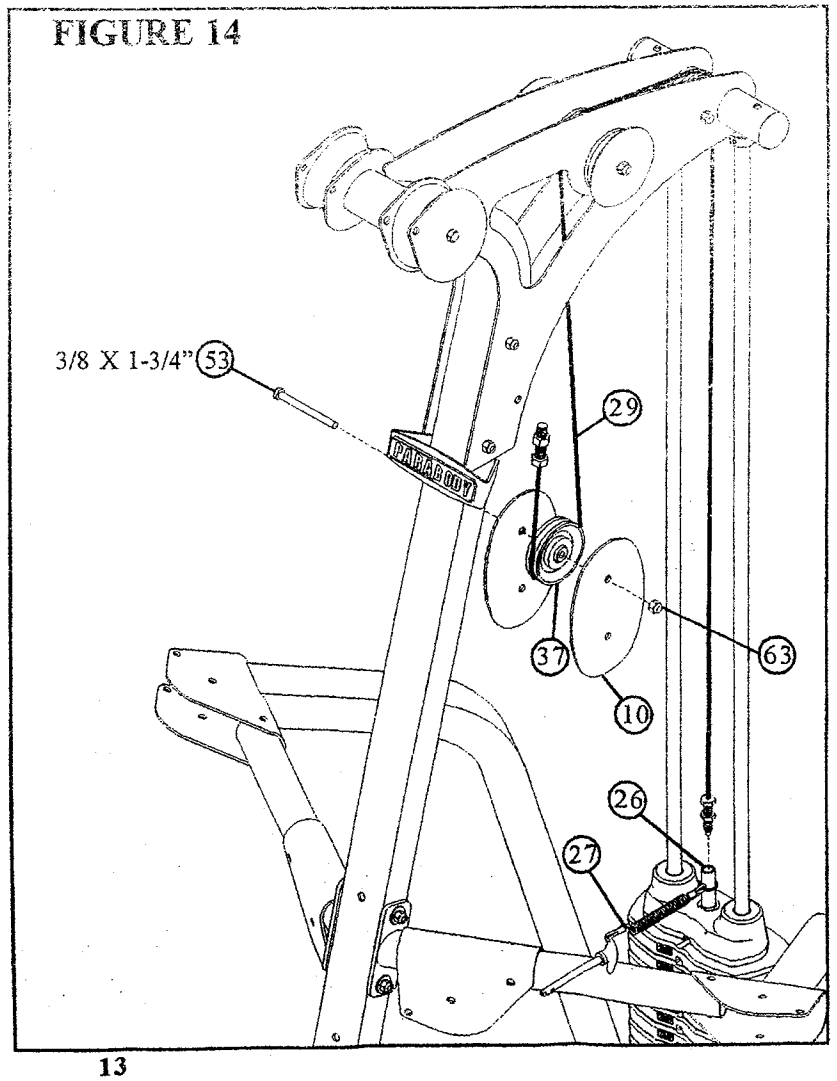
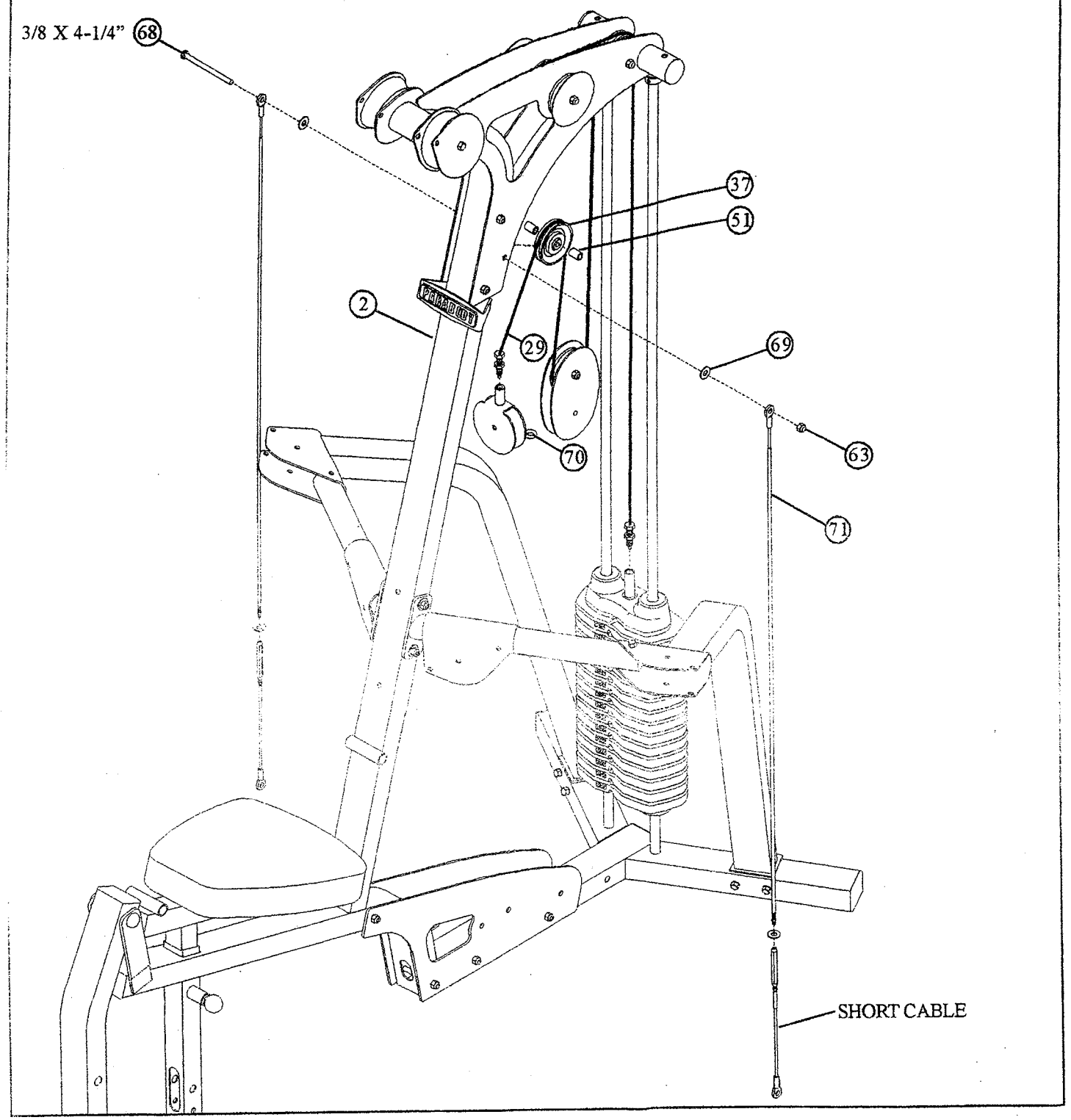


FIGURE 15



STEP 15:

- Assemble one 3-1/2" PULLEY (37) to the BOOM PLATES (14 & 15) using one 3/8 X 4-1/4" BOLT (68), two 3/8" SAE WASHERS (69), two GUIDE CABLES (71), two 3/8 X 1" SPACERS (51) and one 3/8" LOCK NUT (63). See FIGURE 15.**(Note: Loop the WEIGHT STACK CABLE around the PULLEY prior to assembling to the BOOM PLATES.)**
- Screw the short threaded end of the WEIGHT STACK CABLE (29) into the end of the PULLEY BRACKET (9) .See FIGURE 15.
- Disassemble the SHORT CABLE and the turnbuckle on the GUIDE CABLE (71) as shown in FIGURE 15. The SHORT CABLE will be reassembled later.

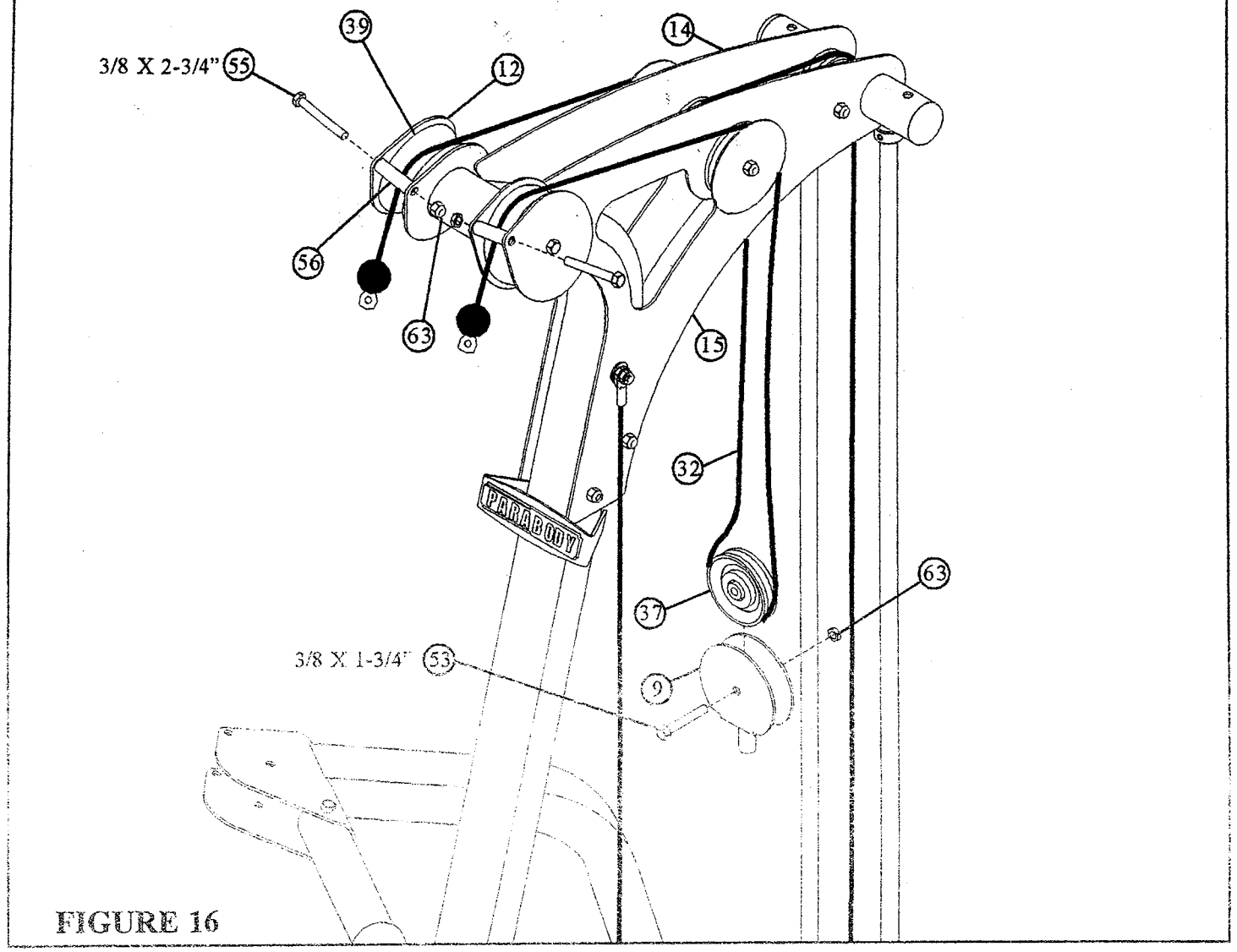


FIGURE 16

STEP 16:

- Route the BOOM CABLE (32) over the V-GROOVE PULLEY (39) and the 3-1/2" PULLEY (37) on the LEFT BOOM PLATE (15) and over the 3-1/2" PULLEY (37) on the RIGHT BOOM PLATE (14) and over the V-GROOVE PULLEY (39) as shown in STEP 16.
- **SECURELY** assemble two 2" NYLON SPACERS (56) to the V-PULLEY PLATES (12) and the BOOM PLATES (14 & 15) using two 3/8 X 2-3/4" BOLTS (55) and two 3/8" LOCK NUTS (63). See FIGURE 15.
- Assemble one 3-1/2" PULLEY (37) to the PULLEY BRACKET (9) using one 3/8 X 1-3/4" BOLT (53) and one 3/8" LOCK NUT (63) **(Note: Loop the BOOM CABLE around the PULLEY prior to assembling the PULLEY BRACKET.)**